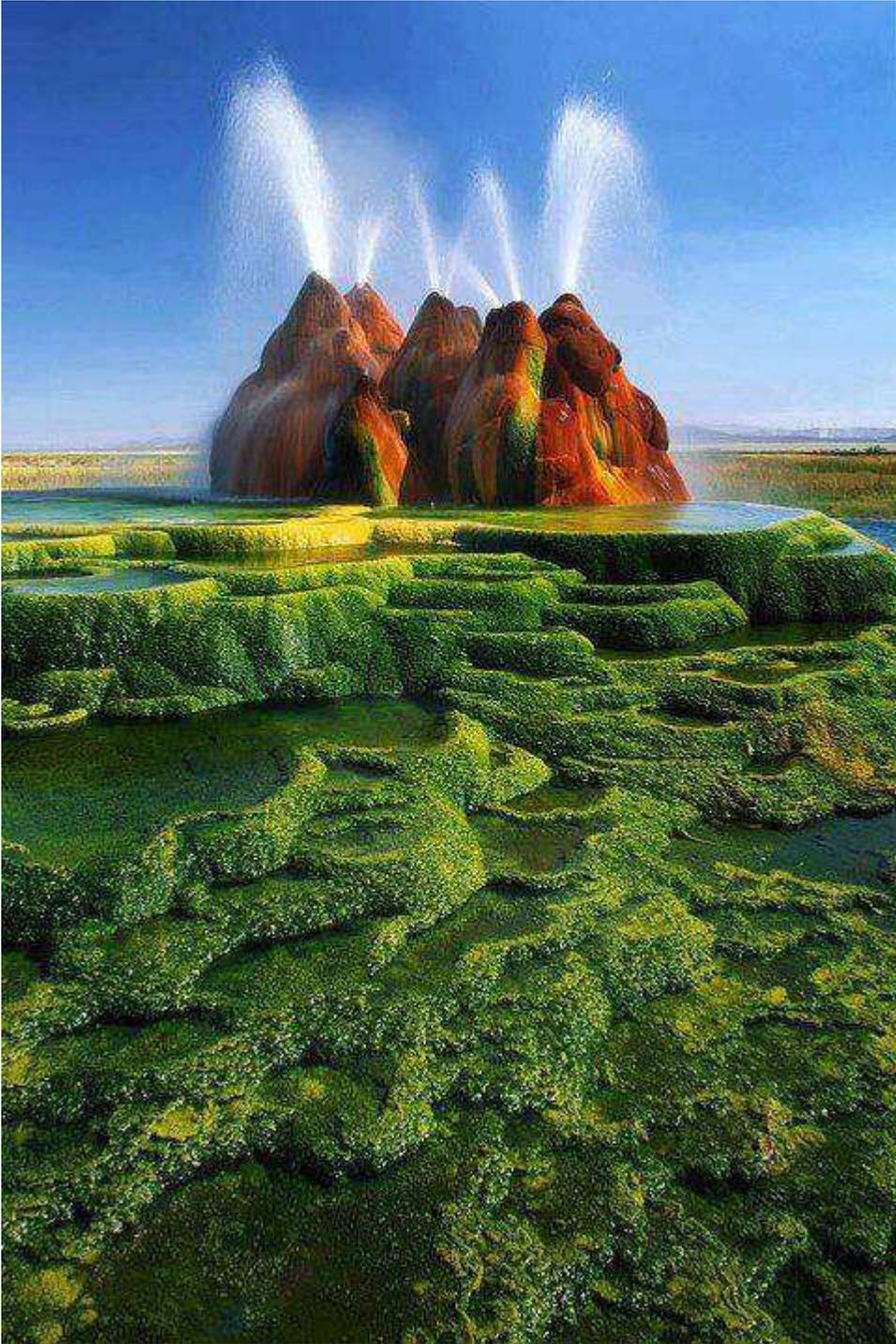


Daily Positive Thoughts: September 08, 2013: Anger Patiently



Green Fly Geyser (Nevada)

Anger Patiently

The sin of anger is due to self-forgetfulness. To never get angry is a tall order for almost any human being. So when we see anger as failure, and we try not to be angry and fail, it is so easy to turn the gun on ourselves when our anger comes. We blame ourselves and put ourselves down for not being able to control ourselves. Don't turn the gun in yourself. Don't give yourself a guilt trip. We spend our lives learning anger, so we are not going to unlearn all the beliefs and habits which create our irritations, frustrations and angers in a few days, or even a few weeks. (though some who really do 'get it' can change that fast). So be easy on yourself. Healing the inner scars, forgiving ourselves, transforming those habits, are all aspects of this inner work, and they take a little time. Be patient, be gentle and merciful with yourself. And if you do decide you want to forgive and heal yourself, if you do decide you don't want to be a slave to others words and actions, if you do decide you want to be free of your negative feelings, one of the secrets is not to fight or struggle with those old habits. Accept them when they come, for whatever reason, and you'll be amazed how quickly the habit of those feelings is dissolved. All healing begins with acceptance, including the healing of our feelings.

Spiritual Endeavor

There is a part of you that is perfect and pure. It is untouched by the less-than-perfect characteristics you have acquired by living in a less-than-perfect world. This part of you is a still and eternal pool. Making time to reach it will bring you untold benefit. Learning to talk properly to the self is a spiritual endeavor. When you make a mistake, do you talk lovingly to yourself in your mind, or do you tell yourself off? One habit recognizes your divinity, and the other subtly shapes a nature of sorrow.

Understanding What Is The Soul World (Incorporeal World)

The Soul World, which is the sixth element, is filled with golden-red, divine light (experienced during meditation). Over there, the conscient (living entities), the souls, have neither bodies of matter nor bodies of light. There exists neither thought, word nor action; just complete stillness, silence and peace. Just as this world occupies a tiny part of this physical universe, so too the souls occupy just a tiny portion of this infinite world. This is the highest region, the original home of souls and the Supreme Soul, God. This is the region which human beings, irrespective of culture or religion, have tried to reach in thoughts, prayers, etc. It is called by various names in various religions - Heaven, Nirvana, Shantidham, Paramdham, Brahmand, etc. Before I came to this earth, I was there with all other souls, brothers. The experience of complete and utter peace, purity and silence is there in my sweet home. There the soul is untouched by matter. Souls reside there as star-like points of light. They remain dormant, with their roles in the physical world latent (hidden) within them. The roles emerge when they the souls appear on earth, the world stage.

(To be continued)

Soul Sustenance

Practical Positive Response Training To The Mind (Part 1)

Meditation is a process in which I train the mind to consciously create those right type of thoughts that I wish to have, inside my mind, regularly in my daily routine. On the field of action, I am faced with various different types of negative and uncomfortable situations, which have the first and most immediate effect on my thoughts, before showing on my face in my expressions or in my words or actions. I do realize inside, that the thoughts (and as a result my physical response) created at these times are not the right ones. **I want to inculcate a habit, whereby my thought patterns are only which I like or are the right, positive and powerful ones no matter what happens.**

So where do I start? Meditation is the start. Meditation is the time, when I consciously create positive thoughts. What benefit do I achieve from that? In these few moments, I am changing the deep and very old habit (not limited only to this birth) of creating the wrong type of thoughts, whenever I am faced with a situation which I do not like. How do I do this? I do this through the intellect. The intellect takes hold of the reins of the mind and chooses the direction in which it will travel. Why is it able to do this? Because, **during meditation, I bring myself back to the knowledge or belief that I am a soul and my intellect accepts and absorbs this awareness. This belief then becomes the key to taking charge of what is going on in my mind.**

(To be continued tomorrow ...)

Message for the day

The one who sacrifices name and fame is the one who gets recognition.

Projection: When we make a positive contribution we usually want to get recognition for it. We might not always say it in words but there is always an expectation that others should recognise our contribution.

Solution: We need to make sure that we enjoy whatever we do. Since the task itself becomes enjoyable for us, we don't anymore expect recognition. The more we become free from expectations we get the love from others and recognition too.