



Open Hearted

The heart is like a flower - unless it is open it cannot release its fragrance into the world. The fragrance of the heart is made up of the qualities and virtues of our spirit. Most of us have learned how to keep our heart closed in a world that would trample all over us if we let it. Being open hearted today seems to require tremendous courage. It is a courage which comes only when we realise that no one can hurt us, no matter what they say or do. They may hurt our body, but if we have realised we are spirit, nothing outside can touch us, if we so decide.

Focus on the good

When you notice weakness in another, aim instead to recognize a strength. The awareness that everyone has value will allow you to shift your focus. Find at least one good quality in everyone, no matter how many defects are visible to you. The more you focus on the good, the more power you give to people and the sooner they will be able to change.

Understanding and Overcoming Fears

We are all afraid of something. We all have fears at some point or other during our lives, and one fear brings about other fears. For example, the fear of death brings about the fear of illness or the fear of accidents. The fear of rejection comes from the fear of being perceived as different. The fear of success or standing out comes of the fear of relating to people. From the fear of failure comes the fear of making mistakes; the fear of taking on risks; the fear of taking decisions, the fear of not being recognized at work. The fear of others includes the fear of the anger and aggressiveness in others, fear that they might reject you, fear that they might judge you.

Eliminating fears and liberating the mind requires a broad knowledge of how our mind and spirit work. Our spiritual conscience has to awaken for us to realize what the origin of our fears is and how to overcome them from the root. Fears are like a tree; we can cut off a branch, but then other branches or fears will grow. We have to go to the root and, even, the seed, to overcome the fears.

Tomorrow we shall list out some of the common fears.

(To be continued tomorrow ...)

Soul Sustenance

Self Transformation (Change) (Part 3)

Here are some practical reminders and steps we can take to grow spiritually and bring out transformation (change) in ourselves:

Use 'traffic control'

To remember our original peaceful state during certain moments of the day creates a space for us to recharge and to be released from accumulated negativities, which have influenced our mind without our realizing it.

'Traffic control', is a method to check and control the flow and type of thoughts that we create. Are our thoughts wasteful or are they useful, necessary, positive, and peaceful? By stopping for a minute every hour, we can step inside, apply a brake to the flow of thoughts and instead focus on the experience "I am a peaceful being (soul)". This practice has an immediate cooling effect on the mind, and if done regularly, has a very positive impact on our daily lives.

(To be continued tomorrow....)

Message for the day

Where there is constant checking there is progress.

Projection: Sometimes we find our mood fluctuating seemingly without any reason. At such times we do not understand why it is happening so. We try to change our mood at that time by doing something else. We do find temporary relief but the feeling reemerges after sometime.

Solution: What we need to do is to first check the cause of our fluctuation in mood. Particularly we need to check what weakness is working within us. Once we discover this we would find it easy to change our thoughts and feelings.

