



Beautiful Art Work

Cheerfulness

Cheerfulness keeps up the spirit of the one who possesses it and brings a smile to the lips of others.

There are some false ideas about anger that we have acquired, which we use to justify and nourish our anger:

1. Anger is a natural response to other people's behaviour.

Fact:

You don't realize the danger anger presents to your personal health and well-being. By maintaining this belief, you conveniently avoid the inner work of changing a deep negative habit.

Tip For Transformation: (Change) Meditation enables you to remain kind towards what and who you see, no matter what they appear to have done.

2. In order to be assertive (confidently aggressive or self-assured), I have to use anger as a weapon.

Fact: Anger is the opposite of assertiveness. When you become angry, firstly you are killing yourself, and those with whom you become angry are only going to give back to you what they get or distance themselves from you completely.

Tip For Transformation: To make a real and lasting peace with others we need to be anger-free, which can be achieved through meditation.

Experiencing Self-Rule Through Meditation

Practicing meditation helps us to reach our goals of self change, because during meditation we link our soul self with the Supreme Energy (God), who fills us with power. The more mentally powerful we become through meditation, the more confident we are with the ability to respect our self more. We become more stable in our own self, we are able to control our reactions a bit better and we wait. We don't suppress the self. Rather, we wait, observe, clarify and then control our reactions (including, of course, our tongue!).

We don't want to be ruled by our negative emotions. We still meet them, acknowledge them, try to understand them and dissolve them. We cannot pretend that they are not there, but we are no longer a slave to them. As we follow our spiritual path more closely, we learn that we don't want to damage ourself, nor do we want to damage others. We become a little more careful. Sometimes we know what is the right thing to do, but still we are not able to control our reactions, or act correctly. We know, understand, agree but still can't do the right thing. Then we are filled with guilt and regret, having done the wrong thing. We lose our self-respect. What can we do then? Where do we find the strength to change? Spiritual knowledge shows us the way as to what is right and what is wrong and in silence through meditative practice, we are able to find the strength to be able to put this knowledge and our basic values as well as our conscience (inner voice) into practical karma and thus bring about change.

Soul Sustenance

The Functioning Of My Internal Processor

The body consists of physical limbs to move around and carry out its tasks in the **physical world**. So too, the soul has the subtle limbs – the limb possessing the power to think (mind), the limb possessing the power to reason and make decisions (intellect) and limb of its own unique personality. These three subtle limbs are used to maneuver, control and carry out tasks in the **inner subtle (non-physical)** world of thoughts, feelings, emotions, decisions, mental images and nature characteristics (or commonly called habits). **I need to understand completely how these limbs work individually and also how they function together in conjunction as a team. This understanding helps me immensely in putting my personal mental and emotional world in order.**

If the processor of my computer develops a problem, my computer comes to a standstill. I will be able to fix it only if I know how it works. In the same way, I have an internal processor which has three processes going on inside it continuously right through the day - the processes of **thinking** (mind), **deciding** (intellect) and **becoming** (sanskaras) – which affect my complete functioning as a human being. Only if I understand completely the functioning

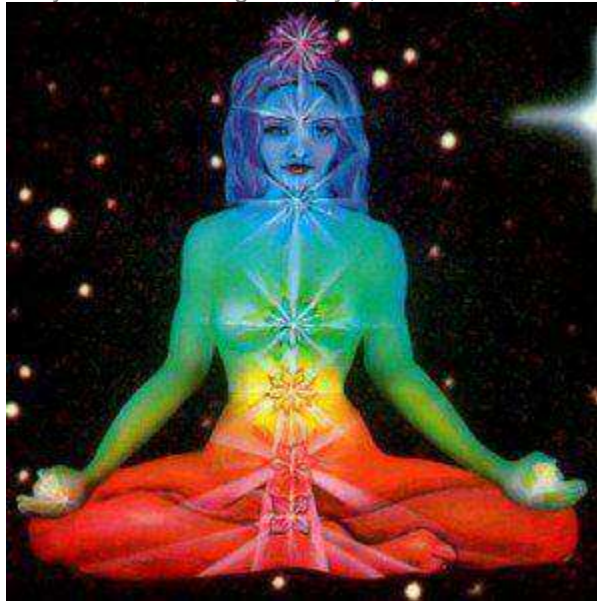
of this internal processor, can I start to correct myself and function well.

Message for the day

To be experienced means not to be deceived by anything.

Expression: There are so many times when a situation takes us by surprise and we make the same mistake that we had made before. It is only when the situation has passed that we realise that we have actually repeated that mistake. What then remains is only repentance as the time has passed where we could have done something.

Experience: Whenever there is a mistake, we need to take care that we learn from whatever has happened. When we continue to move forward in this way there will be no repentance for the mistakes made but there will be learning that'll make us experienced. And when we are experienced we'll never be deceived by situations which make us commit mistakes.



Look Inwards

We all have three eyes. Two for looking out and one for looking in. Why would we want to look in when everything is happening 'out there'? Because the treasure we seek is inside, not outside. What is this treasure? Beauty, truth, peace and happiness. You already have what you seek. You already are stunningly beautiful. You are already peaceful and loving. How come you don't know this? Simple, you never look inwards, beyond superficial memories or recent experiences, so you never see your own riches. Take a moment to stop, look in and see. Don't rush. Don't search. Just look. And be aware.

Whatever you are experiencing in your mind now, is what you put in there earlier on.

Let your first thoughts of the day simply be peaceful. Fill your mind with peace & your mind will give you an experience of peace in return.

Through the day, remind yourself of your morning thoughts of peace, & move on in the same direction till the end of the day.

If obstacles come your way, don't let it block your peace.

Being Impressed By Others - Is It Beneficial?

To keep our self esteem intact, we need to make sure that we do not have an impressionable intellect. Being impressed by people, in itself, is not bad, but we can fall into the tendency of staying trapped in the superfluous (excessive and unnecessary) and in appearances. What impresses us influences us and even moulds our awareness at that moment. We lose the ability to create our thoughts and feelings and these are influenced by the impression that we have

allowed the other person to leave on us. Sometimes the impression is such that we completely give ourselves to it. We give up our power to the other, and we allow them to dominate our emotional world. The results of allowing oneself to be impressed are varied and on different levels.

For example, when we are impressed by the other's position; it is fine to respect the authority and the position of the other, but when we allow their position to impress us, our ability to relate to the person in a smooth way is blocked. This can make it difficult for us to be the authority in our own life.

Another example is when we are impressed by the achievements of the other and put them on a pedestal. We compare ourselves with him or her and have weak thoughts of ourselves, such as that we are not as good or effective as them, or we might feel jealousy or guilt. All of this acts as an obstacle on the path towards our own achievement.

It is good to recognise and appreciate the achievements and skills of others, but when we allow them to impress us, in some way, we submit ourselves to their influence and we weaken our self-esteem and our respect towards ourselves. Without realizing, we use the other to fill a gap that we feel in ourselves. This will not always work. It will not strengthen us; rather it will create a dependency and dependencies weaken us.

Soul Sustenance

Keeping The Watchman Of Attention Alert

All the religions and spiritual groups place a lot of importance on the virtue of **discipline**. Without discipline you do not manage to transform negative habits and you do not create a new state of awareness where the self is nourished through the experience of spirituality. Every day you eat, you brush your teeth, bathe, drink water and breathe, and all of this you do not consider a discipline; you have adopted them as something natural in order for your body to continue working. On a spiritual level you also need to nourish yourself and to have a discipline that, with practice, a time comes when it becomes natural because you incorporate it into your life. **In the process of change you need to discipline yourself in order not to let old habits come to the forefront.** Until you have burnt them and they have died, you should keep the **watchman of attention** alert in order to maintain your self-control, given that each time you use a negative habit in action, you strengthen it. When you do not use it, you allow it to die.

The path of the spiritual traveler is therefore one of waking (awareness of self as soul) and sleeping (under the illusion that we are our body), waking and sleeping. We tend to fluctuate between the two (like dawn and dusk) until we find stability in soul-consciousness. This is why it is important to awaken and stay awake, and why it's important to give our mind and intellect good **spiritual food (knowledge) and exercise (meditation)** every day to

keep them fresh and alert. Being conscious of the soul, acting from that consciousness, the scars (habits and tendencies) left by past actions based on illusions of bodily awareness are healed. Discipline is necessary for growth and personal transformation if you want to obtain satisfying and permanent results. If not, the old habits continue to rule in your life. **The evidence that our discipline in the practice of meditation is working is mental lightness and an increasing easiness in our interactions with others.**

Message for the day

To have knowledge in the intellect is to be constantly cheerful.

Expression: When something negative happens, we find that there are only negative or waste thoughts about the situation or people. We try hard not to think about it but we find only those thoughts coming to our mind. With such thoughts the situation seems worse than it is and we find it difficult to remain cheerful.

Experience: In such situations instead of trying to cut out waste we need to give ourselves something positive to think about. When the intellect is busy thinking about the positive, there'll be no room for negativity. In this way we will be able to remain constantly cheerful even in the most negative situations.



Constance Moofushi- Maldives

Best kind of friend

The best kind of friend is the kind, you can sit on a porch and swing with, never say a word, and then walk away, feeling like it was the best conversation you've ever had.

When there is love for others, they automatically become cooperative.

When you are involved in any task with others, ask yourself if you are able to give and get the cooperation from them. If you are not able to, check the reason for not getting their cooperation. In any task that involve others, see that you begin the task with good feelings for each and everyone involved in the task. Have the faith that the task is for common benefit and everyone is going to learn something from it and is going to contribute to it. Then you'll find others cooperating with you.

Attaining Success Using The Tool Of Visualization

A study shows that the majority of sportsmen and women, who win at prominent international events, are trained to use the tool of visualization to achieve success. Many months before the actual event, they visualize i.e. they create pictures of success inside their minds that they have already achieved their goal. The same principle of visualization is also used to cure patients from major illnesses including cancer. Patients are taught to visualize their diseased organs free from illnesses or visualize the organs receiving healing energy in some form or the other. **Visualization helps people to have**

100% belief in themselves that they will achieve the desired goal. The efforts made with this powerful energy of belief have a greater probability of success than when you make the efforts without believing in what you are doing and without visualizing yourself as achieving your objectives.

If you think about your failures from the past, you stop believing in yourself, lose your enthusiasm and get frustrated. Visualizing images of a positive future helps you work from the present towards the future, without allowing the past failures to have any negative influence on you. **You visualize yourself as a person, who has already overcome his fears and negative habits, and the fears are removed and the negative habits are transformed.** You see yourself **already** transformed e.g. you say "I **am** a soul full of all powers" and **not** "I **am going to** or **am trying to** fill myself with all powers ". The power of that vision and the positive affirmations, combined together, is such that it helps you to bring about a major change in yourself, not just a small change, because you make it easy for your sub-conscious mind that is sleeping to wake up and realize its potential. You stop always expecting the worst and hope for, visualize and believe in the best.

Soul Sustenance

Opening The Third Eye

The concept of the third eye has always interested people. What is the third eye? Can it be opened during an operation, or by going on a journey to a religious or sacred destination? In meditation, we understand that the third eye means the ability to understand and to perceive (realize) correctly. Then, on the basis of that perception (realization) or insight (understanding); to act and behave accordingly. In other words, on the basis of **spiritual truths**, we think, speak and act so that peace and well-being become natural in our life.

Spiritual values, or truths, are necessary for genuine improvement of the human condition and life.

The third eye is the intellect of the soul - when it is open, there is realization of the need to improve, change and/or create something that will help the self and others to make the quality of life better.

Message for the day

The one who experiences freedom in the mind is the one who can bring benefit to others.

Expression: There is usually the feeling that there is not enough time for the self. And so there is no time to spare for others too. The more we think about ourselves only, we don't seem to be able to be free for anyone else. Then we find our days just pass by without being able to bring any benefit to others or

ourselves.

Experience: Instead of taking out time separately for bringing benefit to others, we only need to see how we can help others wherever we are. We would be able to do this only when we are free from the weaknesses in our own mind. This will help us to be available to everyone around. If we are mentally preoccupied with our own weaknesses we will not be able to free to bring benefit to anyone.



Massif de la Chartreuse, France

Getting on with it...

Worrying about how everything will get done or whether I am capable of doing it limits my ability to respond to challenges considerably. The less I think about doing something and the faster I just get on with it, the fewer problems I cause myself. Good planning is always helpful, but time spent fretting and procrastinating is a major drain on my energy. The more willing I am to respond positively to opportunities, the more my capacity will grow.

Power to discern

Sometimes, there are certain situations where I'm not so much faced with a choice between truth and falsehood where the power to discern (discriminate) is required, but I have to balance competing aims or priorities in deciding on a course of action. There's great value in getting this right, because poor judgment can entangle me in consequences from which it might take years to recover. If I'm deflected because of my attachments or desires, I'll lose my ability to decide accurately.

Understanding myself as a soul, and keeping my heart full and free through my relationship with the Supreme Soul (meditation) makes my mind free from waste thoughts. Having a clean, clear and concentrated mind helps me remain in the best possible position to judge correctly. I'll be like the Statue of Justice, wearing a blindfold as she carefully weighs the evidence: free from prejudice (bias) arising from superficial appearances, above the influence of situations and the emotions and opinions of others, perfectly centered, she is optimally placed to sense the right way forward.

Understanding The Process Of Birth And Death

When the body has become unserviceable due to age or disease, or it suffers a fatal injury, the soul leaves the body. At the moment of death, the soul withdraws its energy from the organs of the body and vacates its seat in the middle of the forehead. Like a bird, it leaves the cage made of skin and bones, and taking its sanskaras, it enters into another, a new body, in the womb of the new mother. From the very birth, the sanskaras of a soul are apparent (visible); whether the new-born baby is happy, unbothered, sad, shy, mischievous, quiet, violent or agitated.

Death occurs at the precise moment when the account of giving and taking with other souls through a particular body is finished. The new birth is determined by the soul's account of karmas with another set of souls. One may be born into a cultured, wealthy family, another as a beggar, one may be born deaf, dumb, blind or crippled, another with a strong supple body. The type of body and the conditions of birth are determined by the thoughts and actions performed in the previous births.

Soul Sustenance

Communication

A great deal of our communication is non-verbal and we rarely realize the effect that it has on others. Our tone of voice, our body language (particularly our eyes and face), our attitudes and our feelings, are constantly in communication with others, expressing anger, fear, love, trust, rejection - in fact, all our feelings and emotions. We cannot hide what we mean; we may do so for a while, but finally the truth emerges.

Communication is not just with others, but also with the self, with the

Supreme Being and even nature. Being still, focused and open enables us to tune in to others so that we can respond in an appropriate and meaningful way, not simply in a mechanical way.

Here are some **common reasons for blocks to communication**:

* **Too many thoughts, and an overload of words and actions**, results in us being unable to think clearly. We lose the essence of what is trying to be conveyed (transmitted) by the other.

* **Being lost in our own feelings or ideas**. In such a state we do not listen attentively to others.

* **Remembering the past in a negative way**. This does not allow us to tune in properly to our present and future. When we do not communicate properly with the needs of the present time, we lose opportunities.

(To be continued tomorrow....)

Message for the day

The one who is free from wasteful words is the one who can be light.

Expression: Sometimes when something only needs a few words to explain, we continue to speak and expand on it for a long time. We actually use more words than necessary thinking we are clarifying things. We give the justification to ourselves that it is necessary or the other person does not understand. These words sometimes disturb the other person and spoil our relationships too.

Experience: We constantly need to pay attention to the words that we speak. We need to check if we are using any more words than we actually need to. When we remind ourselves of a simple slogan, "speak less, speak softly and speak sweetly", our words will never be those that disturb others. We will then be able to maintain our own lightness and that of others too.



Anchorage, Alaska

Staying Peaceful

Desires cause peace to disappear. You think that acquiring things will make you feel secure, but the reality is that the more you have the more fear there usually is of losing it, and the further you are from peace. Desires are the cause of all conflicts. When you want something and cannot get it you become frustrated. Learning to be free from desires is learning how to stay peaceful.

To be truly truthful is to reveal the truth at the right time and the right place.

When you are speaking the truth, check if anyone is hurt or upset. Also check if you are yourself feeling comfortable or not while speaking about it. When the truth is told in the right way, it does not cause sorrow to anyone. When you feel that someone needs to be told the truth, make the practice of asking yourself first, 'is it the right time and the right place for this to be told or could there be a better time and place than this.' Your action should be based on this answer.

Forms Of Fear In Our Modern Lifestyle

Fear is a feeling that is generated by the lack of knowledge about a certain situation, place or person. In fear, one feels threatened by something real or imaginary.

Fear often shows itself in our lives in the form of stress, worries and anxiety. Stress is connected with feeling pressure, feeling pushed, forced, to meet deadlines, to do more. Having to produce more and more, and having to be better and better at it, generates tensions and worries that arise in the form of the fear of not being able to achieve those objectives or results on time. The materialistic values of achieving, obtaining, having, accumulating, and ambitions, competing and wanting to obtain a position, generate a lot of pressure and stress. When we are stressed, generally we are overcharged. We think, talk and react too much. All this affects the mind and body negatively. The worst thing is that it becomes a habit, often uncontrolled, so that the simple habit of stopping and relaxing is not considered a solution. Some even consider it to be a waste of time. You have to do more and more, without stopping.

We have taken on stressful attitudes as part of our daily life. When stress persists, corticoids appear, these are sometimes called the 'fear hormones'. When released continuously, they affect our immune system, increasing the likelihood of cardiovascular complications and the risk of cancer.

Soul Sustenance

Communication (cont.)

Here are some more **common reasons for blocks to communication**:

- * **Lack of sincerity.** When our thoughts and feelings are honest and respectful, then the hearts of others will open to us. A positive highway of trust is built and communication flows positively.

- * **Creating negative perceptions (understandings) and emotions about others** i.e. how we visualize or label them. Such emotions, no matter how well hidden, are finally always communicated to others on a subtle (non-physical), non-verbal level, and create an atmosphere of tension and unease.

- * **Not letting go of negative perceptions (understandings) and emotions.** The only method to revive our relationship with others is to let go of negativity on a daily basis, to prevent it from building up. Far too often, the build-up happens without us even noticing it and, we wonder why positive feedback is not coming from the other side.

- * **Lack of silence.** To go deep into the self and put our thoughts and feelings into silence enables them to become positive. The silent relaxation defuses (reduces) anger and the blame and complaints that often go with it.

Message for the day

To remain alert means to ensure our success.

Expression: In spite of putting in our best efforts we do find ourselves taken

by surprise in certain situations and we experience failure. We often do not understand why we are experiencing failure even though we have put in our best efforts. At such times just blaming our fate will not help but what we need to do is to check within ourselves to see if we have something to change.

Experience: If we experience failure, it means some or the other weakness of ours is definitely working at that time. We need to check and recognise our weakness and be constantly alert to it. Since it might start working at any time we need to be totally alert and then we will find that the weakness will not take us by surprise. We will then be able to attain total success.



Norway - Atlantic Road

Anger

Never give way to anger - otherwise in one moment you could burn up the joy that you collected over a long period.

Model helicopter guided by power of thought

<http://www.youtube.com/watch?v=VSTLHBrTgD4>

Determination is a combination of single-mindedness and flexibility.

When you are determined, you're sure of what you have to achieve and you're able to move in the right direction.

And when an obstacle comes your way, you're able to take it in your stride; like a river you can forge your route towards the destination.

Quality Transformation

Quality change is the capacity to transform negative situations, or circumstances, into something beneficial for one's self and others. Quality transformers are people who can turn walls of resistance into bridges of understanding and keep crossing them, who can change any obstacle into a

stepping stone of success and can reverse the troubling, paralyzing dragon of doubt and insecurity into radiant self-confidence, dissolving the thought 'impossible' from the mind.

Such people work with the undercurrents of life that determine the external reality, of human interaction. These undercurrents are their attitudes, thoughts and feelings. If these undercurrents are filled with resentment, anger and selfishness, then, despite being polite and cooperative externally with people, relationships will be subject to damage and deterioration. On the other hand, when the undercurrent is filled with trust and sincerity, then the quality of life and relationships is enhanced. The fundamental source of quality is the existence of a positive undercurrent. It is not a matter of our words, actions or role (which is the external reality), but rather the foundation, the undercurrent i.e. the thoughts and the activity of the mind.

Meditation enables the mind to tune in to that undercurrent of thoughts, feelings, and attitudes, which is the invisible creator of our human reality. The nourishing power of silence, attained through meditation and spiritual knowledge, gives us the means to bring about quality transformation (change) in this undercurrent. Such change enhances our self-confidence and the capacity to creatively and positively relate to life as it is and face situations easily.

Soul Sustenance

Understanding What Is 'Time'

We created the concept of time to **measure our experience of the space between events. Time passes only because we experience change. What is change? Change is only a series of events. So time is our experience of the speed of events.** This explains why time seems to be moving faster today, because both the speed and the number of events are increasing. And it seems even faster if we participate in those events. If the speed and number of events was less, we would experience time to be moving slowly, as it used to be a little earlier in the history of mankind.

Today, sitting in our living rooms and offices, electronic, print and other media allows us to observe hundreds of events from all over the world, every day. To observe them actively is to participate in them. **If you want to slow time down, learn to be a detached observer of the thousands of events around you – participate or observe actively only when necessary. If you want to stop time, meditate and be in your original, timeless, eternal consciousness.** Meditation is after all an art of shutting down your senses and slowing down. Today, we fear time, as a result we hear ourselves saying many a times, "Hurry up, time is running out!" or "I hope to have more time tomorrow!" or "I need to save time!" Ultimately time, is our life: it cannot be saved or lost, but must be lived now. This is where your will-power is important - we can choose exactly how we spend our

time at any moment.

Message for the day

To work with the inner happiness is to move forward with lightness.

Expression: Usually we do take care not to give sorrow to others, but we sometimes do take sorrow from the words and behaviour of others. This disturbs our own inner state and we are not able to work with lightness. Then we find that we are not able to be effective in our work and this further effects our inner state.

Experience: We need to pay special attention not to take sorrow from anyone. As much as we are careful not to give sorrow to others, we need to make sure we don't take any sorrow too. That means we need to remain light by keeping ourselves open to criticism. We need to take any criticism that comes our way in the right spirit and see that we learn from it without having any negative thoughts.



Isle of Capri, Italy

Determination and Patience

Determination is the strength that will enable you to pass the barrier of useless thoughts in order to create positive thoughts and to be successful in whatever you wish. It comes from within and its partner is patience. Patience

teaches you not to push but rather to wait and appreciate the game of life instead, knowing that nothing remains the same, and everything will change at some point.

When you renounce desire, you can achieve your fortune.

At the end of each day, check whether you experienced unhappiness through the day. Also check if your unhappiness is because of the desire that you have. Where there is desire there is unhappiness. In order to enjoy what's there in your fortune, each day make the practice firm, 'I get what is right for me according to my fortune. I have no desire because desire only gives me sorrow.

Going Beyond False Identifications

The more I identify with the physical factors of my life, the more I become a prisoner to my destiny or the various up and downs of my life. E.g. if my self-respect is attached to my beautiful new car, how will I feel about myself when the car becomes old and its beauty and shine reduce? Or if my car is stolen or gets immensely damaged in a road accident? Then, I shall find myself in an identity crisis. The same will be true if my business or job is everything to me. If one day, I am in a good financial state and I enjoy a very respectable and dominant position, and the next day I find myself in a dispute in my profession and I suddenly lose all of that, and nobody wants to know me, I will feel as if I have lost my soul and have almost died. The problem is sometimes so great that people do, literally, lose their desire to live. It happens, too, in relationships, when your partner leaves you either due to a separation, a divorce or even death - a partner in whom you have invested all your love and emotions. Or if my identity is tied to my bank balance or property, and suddenly I am broke.

All of these are actually false identifications, and the crazy part of living this way is that I can never be satisfied, even if I succeed in maintaining my false identity. **These kind of false identifications do not keep me placed stably on my seat of self-respect and either bring about an inferiority complex or a superiority complex - both of which are false, so both bring insecurity.** Even while I am externally successful, having my identity based on that success means I am a slave to them. I've handed over my self-esteem to them. I become addicted to it.

Soul Sustenance

Meditation For Personality Transformation

At the heart of every human being or soul there is a spiritual energy, pure, of peace, love, truth and happiness without dependence. Being aware and experiencing this energy provides you with the inner strength necessary for change. Meditation is the method of access in order to allow that energy to

come to the surface of your consciousness and in your mind in order to color your thoughts and feelings. In a way very similar to that of a volcano whose melted lava, hot, flows from the centre of the Earth to the surface, we, on meditating, can create volcanoes of power (which emerge in our conscious minds) required for personality transformation.

You can do an exercise, a meditation whereby you choose a habit or 'sanskar' that you don't want, and you will replace it with a characteristic that you would like to incorporate, like a thread, into the cloth of your personality. For example, replace impatience with patience.

Tomorrow we shall explain a meditation with this theme: changing a habit or 'sanskar'.

Message for the day

To celebrate means to finish all trace of the old.

Expression: We find that whenever there is an occasion, we are full of zeal and enthusiasm for that day. However this doesn't continue for long and we find ourselves getting caught with our old nature. We then give the excuse to ourselves saying, 'this is how we are, and this is our nature' etc. Once we start working with our old nature we cannot be enthusiastic anymore.

Experience: Each new festival is an occasion for us to finish something of the old. We only need to take a determined thought to remove something of our old nature. We no longer need to give excuses, but make the firm promise to ourselves to transform. Our zeal and enthusiasm will then never lessen and we will continue to celebrate with constant enthusiasm.



A Symphony of Colors, Western Maryland, USA

Let Be....

Many of us spend most of our life trying to live someone else's life. We are great fixers, and as we watch others we can hear ourselves attempting to 'sort them out'. We hear it in our conversations with others and with ourselves. It sounds like, "They shouldn't...weren't they awful...did you hear about so and so...in my opinion they should". In these moments we waste time trying to write the script of others and forget to write our own. We have no right to write another's script and any attempt to do so is futile, frustrating and doomed to failure. So let be, and taste the freedom from the subtle tensions and anxieties about others by letting them write their own script. Don't miss your own life by trying to live life for someone else.

If we are stuck or trapped in our own thoughts we will not have control over them.

When we observe them, we separate ourselves from them and we provide a space, and this is how we can control them and channel them in the direction we wish. In order to have control over something we must look at it from a certain distance, like an impartial observer. This practice helps us to realise the influences, both positive and negative, that there are in our life.

Observing our thoughts (which we do in the process of meditation) is the first

step in understanding and, in the last analysis, taking full responsibility for them.

Self Responsibility

There are certain laws which are involved in our actions and interactions. They are not human laws requiring lawyers to interpret or the police to enforce. They are natural laws which are constantly operating in every relationship. They are often called the Laws of Karma (action): briefly described by the saying, "As you sow, so you shall reap", described by Isaac Newton as the Laws of Motion i.e. for every action, there is an equal and opposite reaction. The Laws of Karma remind us that whatever quality of energy we give out, we get back. This might not be exactly an eye for an eye, but if we give happiness to someone, it will come back to us; if we give pain or sorrow, it will come back, perhaps not today or tomorrow, but at some time in the future.

Most of us are conditioned by the idea that we are responsible for some of our actions, but not all of them. For example, we would consider ourselves responsible for the actions which bring our colleagues together for a task at work but would not consider ourselves responsible for the argument we have with a neighbour. We would consider ourselves responsible for driving our family safely to their holiday destination, but if we nearly have an accident because we were trying to get there quickly we might consider the other driver responsible for nearly causing the accident. If we sustain our family through our own enterprise and professional efforts we would take the credit, but if we turned to a life of crime to clothe and feed ourselves we might blame the inequalities of society or the years of a difficult childhood.

Through spirituality, we are reminded of the unchangeable laws of cause and effect, which awakens our awareness of our true responsibility for each and every action that we perform.

(To be continued tomorrow ...)

Soul Sustenance

Meditation For Personality Transformation (cont.)

Decide on a habit that you want to change e.g. impatience. We will focus this meditation on changing impatience. You can apply it to other habits also:

I relax and prepare to look inwards...

I am aware of the unwanted habit of becoming impatient...

As I sit in meditation, I relax my body.

I become the observer of my own thoughts and feelings...

Realizing my true identity as soul – a subtle point of light situated at the

center of my forehead, just above my eyebrows, I remember my real nature is one of calmness, peace and power...

I focus on the power of peace, inviting it in and welcoming it into my thoughts and feelings from deep within.... enjoying the calm contentment which it brings...

On the screen of my mind, I begin to visualize patience...

I see myself in a situation where I normally become impatient...

I now see myself as being completely full with the virtue of patience...

I shape my feelings around the idea and image of patience.... unhurried and relaxed... calm and watchful...

If necessary, I can wait... forever.... with patience

I am free of the desire for certain outcomes...

I see how I respond with patience...

I see the effect of my patience in others within the situation...

I now know how I will speak with patience, walk with patience and act patiently in the real life situations...

I maintain this peace, which generates serenity and patience in me...

Message for the day

When we are in the elevated company of the One God, no bad company will influence us.

Expression: Sometimes when we are working for our self- development we sometimes wish for support or understanding from others which we don't always get. We actually look for a role model, whom we could follow or who could be an inspiration for us. When we don't find anyone like that we tend to get disheartened and continue to justify ourselves for not bringing any change in ourselves.

Experience: The solution lies in becoming a role model and a source of support for others instead of expecting others to do so. For this we need to pay extra attention to the kind of company we keep. Under all circumstances, if we keep God as our companion we will not be influenced by any other company, however strong they might be. We will then be able to bring about change in ourselves.



Floating Lantern Festival in Chiang Mai, Thailand

Become Humble

In order to receive respect from everyone become humble

Be seated on the seat of an observer

and you'll be able to enjoy the games of the situations that come your way.

When something goes wrong, check if you are able to discriminate and take the right decisions. The more you are caught up in the situation, the more difficult it gets to take the right decision. Each day practice looking at and appreciating the variety that life brings. Remind yourself that life would not be so interesting without this variety. Practice looking at all the situations in this way and you'll find yourself stable.

Self Responsibility (cont.)

Because we have forgotten the principle of karmic returns (discussed yesterday), we have learned to avoid taking responsibility for many of our actions. We fail to see the impact of our actions upon others and we fail to see that the real meaning of responsibility is our 'ability to respond'. Life can be seen as a series of responses which we each create in our interactions with other people and events. As is the quality of our ability to respond (energy given), so will be the quality of the return (energy received). The Laws of Karma also serve to remind us that our circumstances and our personality today are the result of what we thought and did yesterday, last month, last year, perhaps in our last birth. Many people do not like this idea or find it difficult to accept because most of us have been taught that our destiny lies in

someone else's hands or in the hands of fate or luck, about which we can do nothing. Karma is also sometimes referred to as the Law of Reciprocity. It is a law which teaches us that there is no such thing as luck and that whatever happens to us today is the result of our benevolent (positive) or negative actions in the past. If you spend a few moments reflecting on events in your life, without judgment or emotion, you will begin to see connections between actions and results, causes and effects. When you see how all effects have their causes, you will then be convinced that this universal law is at work in your life at all times.

Soul Sustenance

Living With A Purpose

How can we define heaven? Heaven could simply be described as the place to experience peace, joy and happiness. **So, what is our heaven in our practical life? How can we experience it? Fulfilling our dream or true purpose or experiencing it being fulfilled is our heaven. Living out our dream and purpose is to live in our personal space of heaven here and right now.**

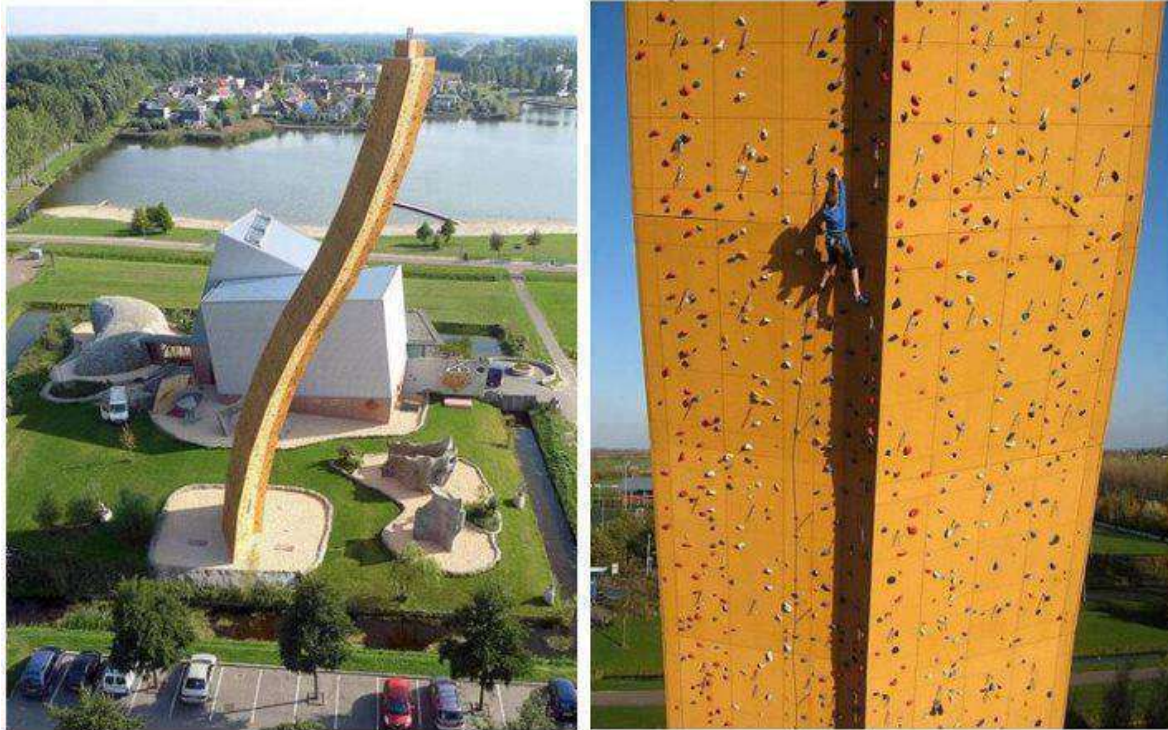
If everything that we do during the day and in life is directed at fulfilling our **purpose - our reason for being, for existing and for living** - we will be much happier in everything we do, because everything will be channeled or focused towards what we really want. On the other hand, if we do a little bit of everything, but without knowing where we are going or what our true destination is, we will be like a ship that has lost its way in the ocean. The ship's crew steers the ship – it now goes towards the left, now to the right, goes backwards, then forwards towards the north, towards the south and in the end stays in the same place and gets nowhere, although it's crew is busy or is working all the time. The crew lets itself be carried by the currents, the tides, the waves in the ocean and the winds above the ocean. It has lost its bearings and doesn't know how to be guided by the stars, which would show the crew the right way. In our case, the stars are our intuition. Without our life's course dictated by a true purpose, we let our consciousness asleep and don't listen to our intuition, which will reveal to us our purpose.

Message for the day

To share virtues along with knowledge is to encourage transformation in others.

Expression: When we have to give a suggestion/advise to someone we tend to share a lot of points of knowledge in order to make them understand. We try to prove logically why they have to change. Although the reasoning is right most of the time, the others don't seem to change either because they don't understand or because they don't want to understand.

Experience: When we want to bring transformation in others we need to make sure to share our own virtues along with the points of knowledge. To share virtues means to give them an experience of our love, peace, good wishes etc. When they experience our virtues, they'll be willing to bring about change quickly.



Highest human made rock climbing, Netherlands

Patience

Patience is a virtue and a power too. Patience tells us that the journey of a thousand miles begins with a single step and that we get over there one step at a time. Patience teaches us not to rush. Knowing that there is a reason and a season for everything, it enables us to smile at the challenges, realizing that there is an answer to every problem. And, even though we cannot see it, yet there is awareness that within every crisis lies an opportunity.

You will continue to progress when you finish carelessness.

Check if you are satisfied with the progress you are making and see if you could do anything to improve it. Also check if your own carelessness is preventing you from moving forward quickly. Take a thought of an aim that you have to fulfill within a certain period of time. Each day strengthen remind yourself of it and tell yourself that you only have to work towards this aim, whether others are doing it or not. When you look at others you tend to become slack too. So finish carelessness and continue to move forward.

The Spiritual Director and the Actor

Spirituality adds great depth and value to Shakespeare's famous words - 'All the world's a stage, and all the men and women merely players.' Through spirituality, I realize and experience myself as a soul, separate from the body, playing a part on the stage of the world through my physical body costume. The difference between the actor and the role is clearly understood. An added dimension then, to this consciousness is that God or the Supreme Being is the

Spiritual Director of the play we are enacting.

The Director - God looks at the entire drama and every actor's part from a broader perspective. His vision is not just limited to the present but stretches from the past (past not limited to this birth) to the future (future not limited to this birth) of each one's part. **I learn from the Director how to play my own part with accuracy, now as well as his training helps me for the future.** Like any good actor, I need to have a lot of respect, appreciation, loyalty and love for the Director and immense faith in him. **The Director is like a mentor or guide for an actor, to whom he surrenders completely. He knows that by doing that, his act will be of the highest quality.** If he doesn't do that and he performs his act his own way, his act will suffer and he will experience pain. As a result he will not be as successful as one who is willing to listen and learn from the Director. If I keep a little distance between me and my role, so I don't lose sight of the Spiritual Director's instructions and the way the play is moving, my part will be much easier to perform, better appreciated by all, and I will be extremely successful. Positive appreciation for a performance for an actor's performance by the spectators is of great value to any actor, sometimes even more important than commercial success. So surrendering to the soul's Director and having a strong relationship of mutual trust with him is particularly helpful at this time, when there is a lot of confusion on the stage of the Earth with billions of actors crowded here and our acts not exactly of the highest quality. So **I, the spiritual actor need someone at this time who can tell me about mistakes committed by my in my past acts and improve my act of the present which will result in a positive present as well as future. Spirituality introduces me to that someone.**

Soul Sustenance

Understanding the Quality of Peace

Inner peace is inner power. But before you start walking the path of relaxation and meditation to create a life, which is free from anger, and based on peaceful living, it is important to clear some misunderstandings we hold in our mind about mental peace.

1. Peace means nothing is happening; it's a state of inaction.

Fact: By practicing meditation for a few minutes everyday, very soon you can experience a stage in which you are physically active yet mentally peaceful, when the mind is active but nothing negative happens inside it. Nothing and no one can irritate or upset you, irrespective of what they say or do.

2. Living a peaceful life is being submissive (bowing down) or defensive.

Fact: Inner peace is not submissiveness or defensiveness. The power of peace that you acquire through the practice of meditation makes you assertive and

confident. Emotions like anger and fear show in our behaviour in the form of aggression and defensiveness respectively and make you emotionally weak. Peace is strength.

3. To remain in an inner peace experience, you have to disconnect yourself from the world.

Fact: For a long time you have used the world to stimulate (energize) yourself mentally and emotionally. If at the beginning of your meditation practice, you suddenly disconnect yourself from the world you will experience an increase in your attractions towards it. Thus, initially it is wiser to include only short spells of meditation in your daily routine, otherwise the meditation practice can do more harm than benefit.

(To be continued tomorrow....)

Message for the day

To spread the light of happiness is to become a spiritual lighthouse.

Expression: When we are in situations where there is negativity around or there seems to be no source of happiness, we too naturally tend to feel low and negative. We are totally under the influence of the situation and we can't seem to overcome the feeling at that time. Nothing actually inspires us to make effort to come out of such a feeling.

Experience: We need to remind ourselves that we are a lighthouse, a source of light to all those around us. This thought will give us the inspiration to remain stable and strong even when we are amidst chaos or difficult situations. We will be able to spread our light across and show everyone the right direction by becoming an inspiration to those around us.



Sun Rising behind Mount Fuji, Japan

Cultivate Silence

Behind all creation is silence. Silence is the essential condition, the vital ingredient for all creation and all that is created. It is a power in its own right. The artist starts with a blank canvas - silence. The composer places it between and behind the notes. The very ground of your being, out of which come all your thoughts is silence. The way to silence is through meditation. When you arrive in your own silence you will know true freedom and real power. Stop, take a minute, and listen to the silence within you today.

Where there is love, the hardest task becomes easy to perform.

If something is difficult, it means there is no love. Where there is love, even a task as difficult and big as a mountain becomes as easy and light as cotton. Love makes work easier and lighter. Today is the day to love your work. Whatever you are doing, remember that you love your work. Experiment with one thing that you have been finding it difficult to do with a reminder to yourself that you love it.

The Functioning Of My Internal Processor

The body consists of physical limbs to move around and carry out its tasks in the **physical world**. So too, the soul has the subtle limbs - the limb possessing the power to think (mind), the limb possessing the power to reason and make decisions (intellect) and limb of its own unique personality. These three subtle limbs are used to maneuver, control and carry out tasks in the **inner subtle (non-physical) world** of thoughts, feelings, emotions,

decisions, mental images and nature characteristics (or commonly called habits). **I need to understand completely how these limbs work individually and also how they function together in conjunction as a team. This understanding helps me immensely in putting my personal mental and emotional world in order.**

If the processor of my computer develops a problem, my computer comes to a standstill. I will be able to fix it only if I know how it works. In the same way, I have an internal processor which has three processes going on inside it continuously right through the day - the processes of **thinking** (mind), **deciding** (intellect) and **becoming** (sanskaras) - which affect my complete functioning as a human being. Only if I understand completely the functioning of this internal processor, can I start to correct myself and function well.

Soul Sustenance

Understanding The Quality of Peace (cont.)

To experience true inner peace take the following thoughts into your mind. Then experience each thought by holding it in your awareness.

Let us now move away from the demands and the needs of our noisy world, and slip into our inner world, into the quiet, still room of the mind.....

It is a place, a space of calm, stillness and peace.....

Here, I can let go of my concerns, worries and constant fears.....

In this dimension of silence, in this plain of peace, voices grow distant (faraway) and quiet.....

And in this arena (space) of inner calm and soft peacefulness, my racing thoughts begin to slow down, begin to lose momentum and are absorbed into that inner peace.....

I am surrounded by silence, by peace.....

And that soft vibration soothes (relaxes) my mind and calms my thoughts and I am held in that spell of tranquility (peacefulness).....

I bath in the inner light of the inner self.....

And I float and drift in this sea of silence, in this sea of peace.....

For here the waves of the world cannot come and I feel light and free and calm.....

Message for the day

Our words are effective only when we combine them with pure thoughts and inspirational actions.

Expression: As soon as we find someone's mistake it is natural for us to give correction through our words. We tend to explain to others using a lot of words. Yet we find that inspite of saying the right thing we are not being listened to and our words are just wasted away. We don't understand at such

times where the problem lies.

Experience: To enable our corrections to others to be effective, we have to combine our thoughts, words and actions. There need to be good wishes in our thoughts which also brings sweetness in our words. We also need to take care that we are putting into action all that we are talking. When we do this we will find that our words are really effective.



This small waterfall located in the Shale Creek Preserve along a section of the Chestnut Ridge Park, near Buffalo New York has a rather interesting phenomena associated with it. The aptly named “Eternal Flame Falls” sits on a pocket of natural methane gas, which seeps out through a fracture in the rocks behind the waterfall.

What Lies Within

What lies behind us and what lies before us are tiny matters compared to what lies within us.

From space, the earth is one beautiful planet.

The planet teaches us to have no boundaries, no barriers.
To be less judgemental and more accepting.
To open our hearts and minds and embrace all.

Inculcating Powers Through Rajyoga Meditation - The Power To Withdraw

The aim of Raja Yoga meditation is to strengthen ones nature so much so that situations which previously might have defeated us, we now find easy to handle. So, the power to withdraw does not mean running away from life, but the ability to find a safe space inside oneself, even in the midst of life.

An image used to illustrate this power is that of the tortoise. When there is danger, the tortoise instantly goes inside its shell, which it carries with it

everywhere. In the same way, when I am faced with negativity or active hostility from people and situations around me, there is great strength in become introverted, even for a moment, so as to touch base with the point of peace inside my own being. In doing so, I find not only shelter, but also stability, so that I protect myself from any hostile reactions on my part.

(To be continued tomorrow

Soul Sustenance

The Role Of Emotions In The Functioning Of The Soul

Inside the soul, there are four components – **thoughts, feelings, emotions and ‘sanskaras’**. Thoughts and feelings are present more on the surface of the soul in the conscious. Emotions and ‘sanskaras’ on the other hand are less easily perceived and lie below thoughts and feelings.

‘Sanskaras’ can be defined as the traces left on the soul due to actions performed by it and also due to its interactions with others in relationships.

Emotions, on the other hand, are impulses associated with the ‘sanskaras’ and are very close to these traces.

The internal functioning of the soul is cyclic - **‘thoughts gives rise to actions, actions give rise to ‘sanskaras’, and ‘sanskaras’ give rise to further thoughts’**. This description becomes complete, when we add an additional component – emotions. The deepest component inside the soul is the ‘sanskaras’. Next up from ‘sanskaras’ are the emotions, above that are feelings and then finally the uppermost component inside the soul is the thoughts.

Thoughts can be caught instantly. Feelings can be seen and perceived if I stop for a moment and check. Emotions are deeper than both of them and are very close to the ‘sanskaras’, and just as its difficult to see all the ‘sanskaras’ of an individual, we can't always see their emotions. Feelings, being more towards the surface, can be clearly identified, but you have to go deeper to see the quality of emotions a person is creating and the quality of his/her ‘sanskaras’.

Message for the day

The fire of anger can be cooled with the sprinkling of the cool water of virtues.

Expression: When someone is angry, we come under the influence of the situation and we too get angry. It seems very difficult at that moment to remain cool. With our own anger we find that the other person's anger also increases. But we find that this is not the solution because it doesn't help

either of us in anyway.

Experience: Instead of getting angry and aggravating the anger of the other person, we need to instead emerge our qualities or virtues of coolness and peace. We will then find that where anger doesn't work, only the cool water of virtues will help us put off the fire of anger.



The Gate of Angkor-Thom, Siem Reap, Cambodia

Deep Self-Respect

Spirituality creates the kind of deep self-respect that does not need praise or special attention.

To have respect for the self constantly is to experience progress.

The one who has respect for the self is not dependent on external inputs for having a good state of mind. To have respect for the self means to have the right state of mind and the right way of working with the self, especially when

things are not going well. It means to constantly express the positivity that is within. When we are able to give respect for the self under all circumstances we are able to experience constant progress. Especially when we are not able to achieve the desired results or when we are not able to be successful, at that time we need to be good to ourselves. Then we will be able to be the best and do the best with what we have. So we will be able to experience constant progress.

Inculcating Powers Through Rajyoga Meditation - The Power To Withdraw (cont.)

When I am too open to the world around me, it's as though the arrows of negativity that fly around can easily penetrate my being, so that I lose my power. What others say and do quickly affects me, and I become reactive. This causes a build-up of stress, and eventually burnout, which makes me feel my only option, is to retire from situations altogether, which is not always possible.

I don't want to react; I want to act with concern and reason and effectiveness. When I develop the habit of making a momentary withdrawal in situations of danger, I'm better able to achieve this. Turning within, I'm able to remember my link with the divine, the link of love, the link that fills me with peace and wisdom and good wishes. It's like an exercise: going inwards i.e. connecting with the self, then upwards towards the Supreme and then outwards (in the field of karma). Doing this repeatedly through the day as a discipline as well as at times of danger, I'll keep moving forward with stability and strength.

In order to maintain this power, I have to put a high value on introversion. If I'm too extrovert, I'll become caught up in external circumstances, and won't have power to withdraw available to me at the moment of need.

Soul Sustenance

Am I Creating Negative 'Karma' – Guilt as an Indicator

At the heart of our consciousness, we have a conscience. **Our conscience is essentially our basic awareness of truth. From a spiritual point of view, the truth of who we are as spiritual beings is core and eternal truth. If we consider ourselves to be anything other than soul or spirit then we will be thinking and acting against our conscience, against our truth,** which is like going against the essence of spirit. We will feel something is not quite right. If one of the pistons in our car engine is out of sync with the others, the engine will sound slightly different from normal. We immediately have it fixed, because we know that if it continues it may destroy the engine. If we do something that is out of sync with the truth, the voice of our conscience speaks to us. But we tend to ignore or suppress it, especially if we are having a seemingly pleasurable experience - we then create the 'sanskars' or habit of ignoring our own conscience. As a result we keep

repeating the negative 'karma' and the 'sanskars' of the negative 'karma' are deepened, further ignoring the voice of our conscience. It is a vicious cycle, to come out of which is extremely difficult.

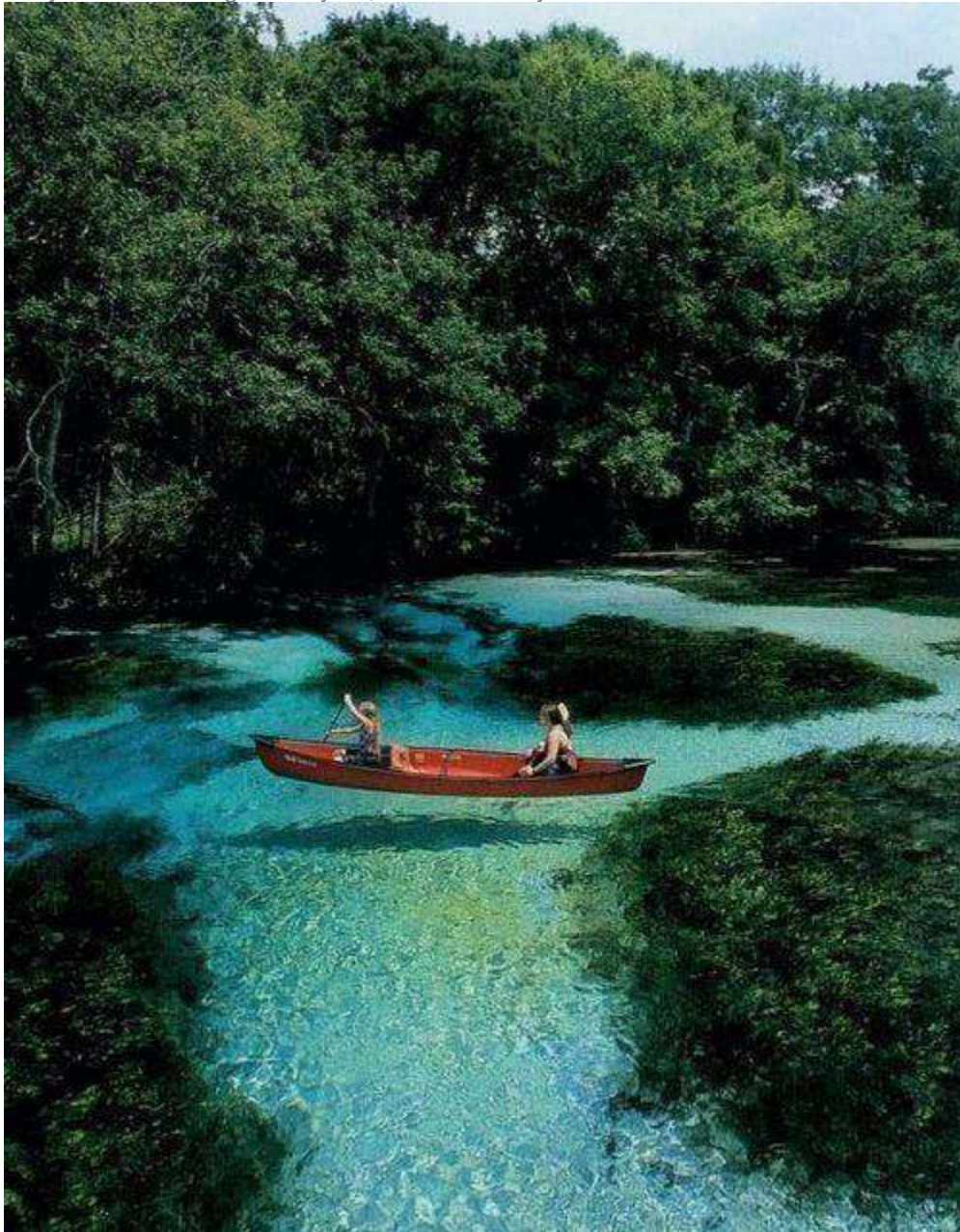
(To be continued tomorrow ...)

Message for the day

To experience newness each day is to be creative.

Expression: Sometimes we find things to be very monotonous. There seems to be nothing new that is happening. Days pass on and we tend to become action-conscious only trying to finish the tasks at hand. We feel caught up in the routine not able to enjoy anything anymore.

Experience: Instead of just doing what has to be done in a monotonous way, we need to take a thought each day to experience something new. There is such a variety in each day, we only have to discover ways of experiencing it. When we learn this creative art, we'll never be bored, but will be able to enjoy everything that comes our way.



Clear water in Slovenia- the boat looks like it's floating in air.

Honesty

Honesty does not mean simply speaking your mind. Honesty means to be very clear about everything going on inside you. Where there is honesty, feelings become pure and clean. The genuine honesty cultivated within you is what will reach out and touch others.

Your love for God will make you feel victorious in all situations.

Your love for God will make you experience His companionship in everything you do. Where there is love there is never a moment of loneliness. Thus you will be able to move forward with courage in all the challenges that life brings. Think of one situation where you have found yourself failing. Now think that God is with you to help you in this situation. When you believe this, you will

find that you'll get the courage to accept and face the situation. Then you can also work and bring about a change in the situation.

The Negative Shade of Respect in Relationships

Many a times in offices, we find the dominating boss who wants everyone in the office to fear him or her. The boss may not necessarily be a person with a negative personality, but this desire exists inside the boss because he or she holds a **negative belief that people fearing him is the same as respecting him** and respect is something that any boss would naturally yearn for. This can happen in homes also, with a dominating father or a dominating mother doing the same with the other members of the family.

The main reason why this happens is because the boss or the father or the mother **is normally lacking in self-respect**, although he or she is unaware of it. Due to this, he or she, without realizing again, **is looking for it from others and in fact over a period of time, as the need builds up or increases, he or she will start demanding the same from others, which takes a form of the negative energy of fear in the relationship.** The boss or the father or the mother starts feeling that the sign that he or she is successful in achieving in getting the respect he or she wants, would be the other fearing him or her. Simply getting someone's attention or the other being in awe of him or her or the other being under his or her negative influence which are all subtle forms of fear is then mistaken for being respected, and if he or she does not receive respect in this incorrect manner, he or she will even try and bring about the creation of respect in the other and try and pull it from the other using various methods which are violent in a subtle way, harming the relationship in a big way.

In tomorrow's message, we shall look at this type of relationship from the other's i.e. the employee's perspective or the perspective of the other people in the family in the case of the father or mother.

Soul Sustenance

Am I Creating Negative 'Karma' – Guilt As An Indicator (cont.)

An angerholc (one who gets angry repeatedly) hears the internal voice telling him to stop creating mental unrest, harming his body, hurting others and being addicted to the habit and the hormones that get created inside the body due to the habit, but then ignores the voice or drowns it out. This only adds to the inner disharmony (peacelessness) already present and both self-respect and self-esteem are slowly reduced. Any action we do which springs from forgetfulness (body-consciousness) will trigger this inner, spiritual discomfort. Following the action, we might feel guilty for doing something we internally knew was wrong. Any form of guilt **except** the one that is caused by another person i.e. except the case when guilt is caused inside you because another person is emotionally blackmailing you, is the voice of our conscience calling

to say that we are acting against the essence, something is out of sync. Our level of guilt acts like a thermometer (an indicator). It shows us when and to what extent we are not aligned to truth. **If we learn to pay attention, listen closely to this inner discomfort and the message it conveys, we will also hear why and how to make corrections, so that we no longer create negative 'karma'.**

Message for the day

Determination enables us to overcome our weaknesses.

Expression: When we recognize any weakness of ours, we want to make effort to remove it. But usually we work on it for a few days with great attention. After some time, we find ourselves losing interest and the weakness gets stronger taking hold of us once again. We find ourselves exactly where we had started having no further enthusiasm to work on ourselves.

Experience: In order to overcome any weakness of ours, we need to have a strong aim in our mind to remove it. With this comes the determination to work on it without losing hope. Even if we find ourselves becoming slack, we need to remind ourselves that we don't want that particular weakness in our life. Then we will be able to work at removing the weakness fully.



The Danxia landform is a unique example of petrographic geomorphology factors and tectonic plate movements. China

Write Often

I make it a point to write something every day, even if it's only to myself. In fact, it is mostly to myself. How else do I get to know me? And how else do I get to know what I know until I hear what I have to say? The most important conversation in all our worlds is with ourselves. One way to converse is to take two words and then let your mind flow into them, around them and through them, and then out through your pen on to a blank white page. It doesn't matter what comes - but be sure that you will reveal yourself to yourself, and if you keep doing it I can guarantee you will be astounded by revelation. Start your journal today.

We have to say, 'no' to some things to be able to say, 'yes' to opportunities.

There are times we say 'yes' to others, because it's easier to say 'no' to ourselves than to say 'no' to others. By ignoring our own feelings, we're undermining our self esteem.

Today, when you say 'yes' or 'no', say it for the right reason.

The Negative Shade of Respect in Relationships (cont.)

In yesterday's message, we had looked at the incorrect and negative side of respect (the energy of fear) in relationships. Today we look at this kind of relationship from that person's perspective from whom respect is demanded. When the boss or the parent or the spouse (please refer to yesterday's

message) tries to induce respect inside you for him or her, in return you fear him or her, most of the time thinking it is respect. But, at that point, you need to remember **it is impossible to give respect to another if we, at the back of our own minds, fear them. If you are scared of someone or something, it means there is an absence of self-respect, there is a lack of a true realization of your own value, your specialties, your skills and the virtues and powers that you possess. And if you do not respect yourself, you cannot truly respect another.** It is only when you are firmly established in your own self-respect that you have no fear of others and are then capable of giving genuine respect to others. Sometimes we are not comfortable with being seen as fearful, because our image will take a beating, so we try to avoid admitting we fear someone by saying we respect them, but internally we are in awe of that person and being in awe is not respecting him or her.

Many a times, two prominent people e.g. two actors or politicians or sportsmen are not on good terms. They accuse and bring down each other publicly and are known enemies in the press. While they do that, they also carry a subtle fear of each other, a fear that the other will outperform them; the other will be more popular, the other will be more powerful etc. This normally happens because of a lack of self-respect. They both will probably hide that and will pretend that they are confident and established in their self-respect. But if their self-respect were genuine, they would not be scared of each other, and they would have the courage and the patience to talk and work with each other and listen to and offer the hand of friendship to each other, whom they perceive to be an enemy. But when they don't have the strength of their own self-respect and when they are unaware of their lack of self-respect, subtle fear for the other creeps in, which they don't realize and if they realize, they do not admit the same. And that's why **the restoration of self-respect is only possible when the ego is recognized and no longer nourished. Because, fear always comes from the ego and ego is nothing but an excessive attachment to one's false image.**

Soul Sustenance

The Source of Pure Love

The highest love is the Supreme Being's (Supreme Soul's) love. This is the love of the perfect spiritual being (soul), the perfect parent towards the imperfect child where the parent does not see the child's weaknesses. Just as the flower turns each morning to absorb the light and warmth of the sun we too need to turn each day to absorb the light of truth and warmth of pure love from the Supreme Being, from the Source. This is not the God of a religious belief system, but the personal god that we all share, the one parent and friend that we all share. This is not a God as a concept, nor is God a belief. If we hold God just as a concept or belief in our minds, which is perhaps what we learned as children, we will never know him, never experience the greatest and deepest love. We cannot receive love from a belief just and we cannot have a real

relationship with a concept. Instead, it is necessary to establish a personal relationship with God through a silent conversation of thoughts and feelings (to begin with). Hence the need to practice quietening a busy mind, the need to free our feelings from emotional disturbance. The Supreme Being is available to everyone but few of us know how or where to direct our attention. The connecting and absorbing of the love of God is a personal process called meditation, that never costs anything and can finally become a natural part of living each day.

Message for the day

To say yes is to have regard for all.

Expression: When someone expects us to do something that we don't like our usual reaction is to say no and give reasons why we don't want to do it or why we don't agree with what the other person is saying. But it usually happens that once we say no, the other person is no longer able to listen to what we have to say.

Experience: Instead of saying 'no', we need to practice saying 'yes'. To say yes means to try to understand what the other person is saying. Only after that can we put forth our argument. And then the other person will also give regard to our opinion. This practice will enable us to get good wishes from others and increase our chance for success.



Wales, a 1000 year old Yew tree.

Unshakeable

If we face our problems and respond to them positively, and refuse to give in to panic, bitterness, or self pity, these adverse situations that look like they could bury us have within them the very real potential to make us unshakeable.

To be committed towards one's own progress is to help others to move forward.

The one who is committed towards his own self-progress, is free from criticizing others when he sees them make mistakes. Having realised what is wrong, such a person makes corrections immediately. He is able to realise his own mistake in a second and take the chance for self-improvement. This naturally gives the ability to help others also to bring about a change for the better. Since I am committed to my own self-progress, I am able to become

stronger and stronger with each passing situation. I find that I become a source of inspiration for those around, as I continue to learn from all that happens. I don't put people down for their mistakes, but am able to give them the help to be better.

Cooking and Eating With a Spiritual Touch

Nowadays, we are continuously bombarded with details about the physical aspects of what we eat and the effects that different ingredients may or may not have on us, and naturally this is important. But in this heap of information, we tend to overlook one crucial factor: the consciousness (state of mind) of the person cooking and the effect that this will have upon the food, and thus also on those who eat it. A cook not only prepares food in a physical place, but also in a spiritual or inner space. And just as the physical surroundings are best kept clean and in order, so should be the state of mind of those in the kitchen. A simple and familiar example of this concept at work can be seen in the way that home cooking, especially that of one's mother, holds a special place in our hearts. The love and care with which it is prepared sometimes gives us more joy than perhaps food eaten in a restaurant setting where food may be prepared with greater cooking and technical skills but where negative emotions related like anxiety, arrogance, stress, and greed (in the business like restaurant environment) may affect the energy of the food cooked over there, on a subtle or vibrational (non-physical) level.

(To be continued tomorrow ...)

Soul Sustenance

Defining Failure

Given below are 'some' definitions of failure:

- Depending on your perception: failure actually does not exist.
- Staying stuck in what you could have done and haven't done. Letting your thought patterns to be influence by the same.
- Experiencing emotions of frustration, pain, suffering.
- Losing your notion (idea) of the dream, of the ideal life you want to lead.
- Not fulfilling set expectations.
- Not having enough courage and bravery to walk through life.
- Not being the ruler of your thoughts, feelings, actions and life in general.
- Allowing yourself to be led by something negative that a particular situation causes.
- Distancing yourself from your values.
- Not being in harmony with your inner conscience (while performing actions).
- When the self does not accept what life brings it.
- Putting your life in the hands of, and blaming, others and circumstances with feelings of emptiness and confusion.

- False expectations.
- Excessive attachment.
- Excessive materialism.

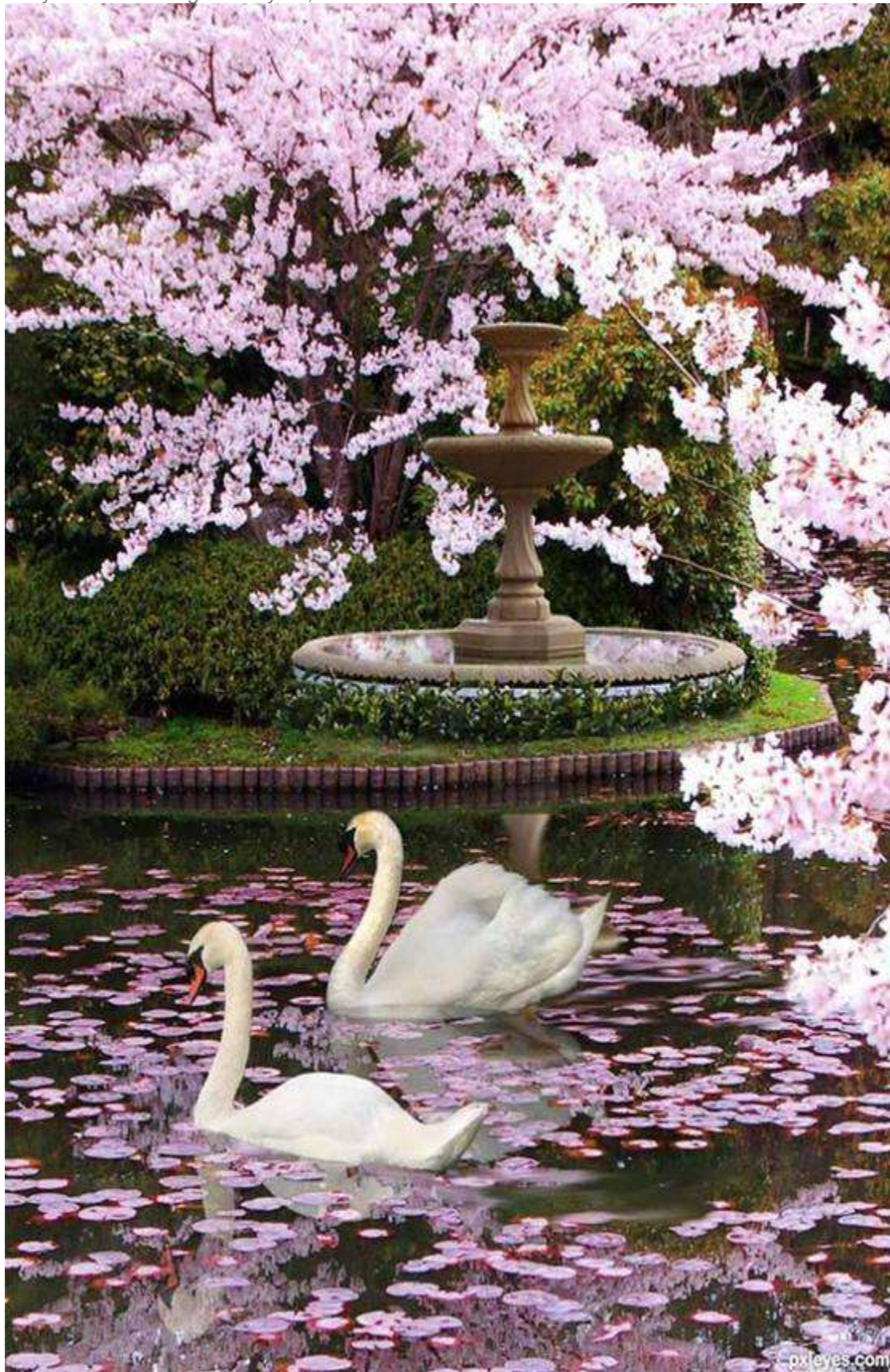
Tomorrow we shall discuss some factors that bring us closer to failure.

Message for the day

Pure feelings reach out and bring benefit to others.

Expression: When there is someone who is being negative, we tend to think or speak about the negativity we perceive at that time. To think about negativity is to imbibe a little of that negativity within our mind. Then our mind is no more pure and so whatever thoughts we have for that person don't have any positive influence and there is no benefit for them.

Experience: If we see someone using some weakness, we need to pay special attention not to think or speak about it. Instead we need to concentrate on some speciality of the other person. This gives them the encouragement to use it. The more we see negative, the more negative they will be with us and the more we see positive the more positive they'll be with us.



Inner landscape of beautiful thoughts

Introversion

The ability to enjoy one's own company is one of the greatest gifts life has to

offer. Learning to turn my thoughts away from all my responsibilities at the day's end and take my mind into a state of peace and benevolence enables me to carry greater and greater loads without feeling the burden. When my inner landscape is full of beautiful thoughts, everything I do is a pleasure. Gently, I calm down chaotic situations and offer solace to troubled minds.

When there is a crisis, there is also opportunity.

In order to see the opportunity we need courage and trust.

Courage helps us to feel that there is benefit in every unfolding scene of life.

Trust helps us to stay stable and calm in the face of crisis.

Courage and trust gives us the assurance that everything will be fine.

Cooking And Eating With A Spiritual Touch (cont.)

When the subtle, spiritual aspect of cooking is taken into consideration, the role of the cook extends from simply creating tasty, nourishing meals with fresh ingredients, to including a spiritual connection with those who will be eating that food. The aim will be to touch and fill the heart as well as the stomach. The love of the cook, and his or her motivation to offer sustenance, will nourish as much as the physical components of each dish. Food cooked by a person who is angry, depressed or full of arrogance or hatred will have a different effect from food cooked with feelings of love, peace and the pure desire to serve. In other words, we are what we eat but also the thoughts, feelings and attitudes that go into what we are eating. Even in today's hectic lifestyle, when there sometimes seems to be hardly enough time to cook, let alone do so peacefully and caringly, it is therefore definitely beneficial to develop a positive attitude towards cooking. Before undertaking any food preparation, remind yourself that the task at hand can and should be an enjoyable and creative activity or experience, rather than an unpleasant, time-consuming activity. A good practice, then, is to meditate before cooking and then to let preparing the meal itself be a creative, meditative experience which yields a balanced, health-promoting diet for the body as a temple for the soul deity. Food always tastes better when it has been flavored or with love and happiness.

(To be continued tomorrow ...)

Soul Sustenance

Factors that Bring Us Closer To Failure

Given below are 'some' factors that bring us closer to failure:

- Dejection and Disillusion.

- Fear.
- Ignorance.
- Confusion.
- Influences.
- Mental weakness.
- Insecurity.
- Inexperience.
- Ego, arrogance.
- Mistrust.
- Attachment, dependencies.
- Excuses, laziness, putting off.
- Excess of acceptance with submission.
- Fear of being yourself.
- Making judgements without an objective vision.
- Nervousness.
- Not taking on limits.
- Low self-esteem.
- Blockages. Not going forward.
- Intolerance.
- Rigidity – inability to adapt to different situations.

Message for the day

The one with true mercy fills hope even in the ones who are hopeless.

Expression: When we see someone who is in need or who is totally negative, a case that is totally hopeless, there are a lot of feelings aroused within us. What we feel is pity or hatred, which are only negative feelings. Such negative thoughts don't help in anyway and the people remains as they are, unable to take any benefit from us.

Experience: Instead of having pity or hatred we need to develop true mercy for others. To have mercy means to have good wishes with love - combined with hope for them. It is our hope that enables them to develop faith in themselves too. This is the method to bring progress even in the most hopeless case.



Happiness-an elixir

Happiness

There is no nourishment like happiness - it's an elixir. There is no sickness like sorrow. The experience of true happiness cures the sickness of sorrow. A cheerful face can go a long way towards making everything better!

The one who is full of love is the one who is always happy.

When you are constantly having love for everyone, you'll have no negativity. Your unselfish love will make you have only positive thoughts and you'll find yourself in constant happiness. Start your day with thinking of all the people you come into contact with. Then take a thought in your mind that you have love for all of them. This thought will help you throughout the day. You'll find yourself accepting others as they are and having good wishes for them.

Cooking And Eating With A Spiritual Touch (cont.)

Having prepared food with attention (which we have explained over the last two days), the Brahma Kumaris' practice is then to offer the freshly-prepared meal to the Supreme Soul. We call it offering "bhog" (or commonly called "prasad") to the Supreme Father. As a part of this practice, positive energy or vibrations of love, bliss and peace taken from the Supreme via meditation for 5-10 minutes, is given to the food prepared, by keeping a small portion of the food in a clean vessel kept aside for this purpose only, on a table in front of you. This practice can be followed every day for one main meal at least, or more, depending on how much time you have at hand. It is good to do this exercise in a special corner in the house or even a separate small room kept aside for the purpose of meditation or basically a place where the atmosphere

is spiritually empowering as compared to the rest of the house. Charging with food with positive spiritual energy and expressing gratitude to the Supreme in this way serves to increase the spiritual quality of the food and deepen the individual's personal relationship with the Supreme, while also creating a powerful, shared divine experience. On a very practical level, it will also help the body to prepare itself to receive and digest food. Of course, the last step is to eat, and this, too, is best done in a peaceful, unhurried and harmonious state of mind and environment: we are what we eat and also how we eat. It's good to avoid eating along with the television or newspaper. Eating with the family in a positive setting is a good practice. But talking excessively and sharing negative information at that time with each other should be avoided. Talking quite less, talking very slowly, softly and sweetly and talking about positive and constructive aspects of life, with the rest of the family members, should be the norm for meal eating time.

Whether you are a new, aspiring or trained cook, we hope that the information in this and the last two days' messages, with its emphasis on the soul as well as the body, will bring an added dimension to your kitchen and dining table. Cooking, and eating, should be a joyful and significant experience. So cook and enjoy!

Soul Sustenance

Moving From 'Action' Consciousness To 'Spiritual' Consciousness

As the name suggests, to be a 'rajayogi' means to be a practitioner of meditation, who with the practice of meditation is able become a ruler of the self. But on the other hand, **'rajayoga' is not restricted to learning to discipline the physical sense organs only but more importantly, of redirecting the energy of my thoughts, feelings, emotions, intellect and 'sanskaras' in a positive and constructive way.** When these energies become positive, my 'karmas' start becoming elevated. And how do I make these energies positive? By performing actions while having a mental connection with the Supreme Being or by having a meditative consciousness while walking, interacting, cooking, driving or working - in fact, while doing anything. After all, meditation is specifically related to the use of the mind and intellect and does not require the use of the physical sense organs and so can be done alongside each 'karma' in the day – only the form of meditation changes depending on the 'karma' being performed. Just as we can remember other things and people while being involved in various activities throughout the day, we can keep our minds on our true spiritual self, the Supreme Being, churn different aspects of spiritual knowledge, remain focused on a single aspect of spiritual knowledge, etc. while performing 'karmas' – these are all some of the different forms of meditation – there are more that can be practiced. Thus, **'rajayoga' can also be called 'karmayoga'.** 'Karmayoga' meaning the one who maintains the balance of meditation and 'karmas' while being involved or busy in 'karmas'.

Message for the day

Where there is humility there is the give and take of love.

Expression: Usually we don't even know when we are working with our ego because it is deeply concealed. Even when someone points out our ego, we don't want to accept it and we continue to work with it. Ego finishes the ability to learn and negatively effects our relationships because there is no give and take of love.

Experience: The method to overcome ego is to develop humility. Humility means to be strong within yet to be gentle and flexible. This enables us to bend i.e., to bow. When we bow it doesn't mean we are defeated, but it reveals our own victory. It is only when we bend and forgive will we be able to allow the flow of love in relationships.



The Beautiful Colours of the Mandarin Fish

Practice Gratitude

The intention and the action of gratitude is the inner symphony of the heart. It opens to sing with thanks for the smallest of things. To hear a bird sing, to see a child laugh, to receive a friend's affection - are all invitations to practice the attitude of gratitude. Gratitude is the kind of loving thanks which touches another's heart in a place where they will allow you to reside for a long time.

When you are truthful, you are loved and trusted by all.

When you are truthful your words and actions will become equal. You will do what you say and say what you do. Because of this you will continue to receive love and regard from everyone. Just take up one thing that you have not been able to fulfill and today take up this thought that you will do it. Tell yourself that you have the power of truth within which makes your words and actions equal.

The Law of Belief

Beliefs are concepts that you consider real and true, and you do not question them, even though they have no logical explanation. If we believe in something strongly, if we think that we can achieve something, then we will. What we believe will come true.

We can classify beliefs into five groups:

Beliefs about defects and weaknesses: These beliefs produce thoughts in our consciousness like:

* I am no good, * I cannot do this, * I am useless, * I won't manage to complete it.

Beliefs of survival: These beliefs produce thoughts such as:

* Life is short. Get whatever you can at any cost whenever you can. Life's decisions are taken based on these beliefs without taking into the account the repercussions (effects) they may have on our health, our relationships and our future.

Beliefs that create blocks: When we label someone, we are no longer open to try and understand them.

e.g.: * My boss is really egoistic.

This type of belief blocks the flow of our positive energy and stops us from connecting openly with these people.

Beliefs that strengthen the self:

e.g.: * I am capable, * I can do it, * There is nothing I cannot be or do if I really want to, * I will overcome the difficulties and meet the challenge.

True beliefs about ourselves: They are connected to eternal certain truths, such as:

* I am a spiritual being, I am eternal. God is my spiritual father.

To assure us that a belief is true, we must first believe in it. Then we check it in our consciousness and if a belief is true it will become an experience. If this does not happen, we are doing something wrong or this belief is not correct.

Soul Sustenance

World Transformation (Change)

As we activate our **subtle (non-physical) energy field (aura)** that surrounds us through **conscious positive thought**, we carry it with us wherever we go. Then we can positively influence those who come into contact with us in our office or at home. The positive vibrations influence those who interact within our energy field very powerfully and on an unlimited level.

If you know somebody who might need a little bit of help, support or guidance experiment by going into silence and sending out your positive thought energy to him/her. As a first step, practice with the following positive thoughts:

Let me adopt the consciousness of a conscient (living) being, a soul, full of light, love and energy, situated at the centre of the forehead.

Now I send a very powerful protective light to my friend or to my family.

Message for the day

Patience brings harmony in relationships.

Projection: When there is a misunderstanding in a relationship we hardly put in any effort in order to understand the other person. We tend to become impatient and we don't listen to the other person to understand them. Because of which we start inventing things about them. This only further increases the misunderstanding.

Solution: When we have a difference of opinion with someone, we need to give some time to understand and listen to the other person. Only then will we be able to understand the other person's point of view. This practice will enable us to finish any misunderstanding we have with others and brings harmony in relationships.



Garden of Abundance in France

See Significance

Amazing as it may seem, every event, every scene has some significance. Nothing is without meaning. Life is like a book - each day a new page, each interaction a new paragraph. We read books to learn, so we may grow and become more complete and more effective as we play this game called life. Can you read the book of your life, can you study the scenes of your day, in such a way that you may learn and grow? To get started, take time out to reflect, review and realise something new at least once a day - more often if you can. What was really going on there? What was I feeling at the time? Why? If you do this retrospective processing, eventually you will be able to read each scene with great clarity as it happens. That's when the reader becomes the writer, and life becomes truly a creative adventure, where we are able to see and appreciate the significance and meaning within every scene, and know exactly how to respond.

Your power of truth will enable you to learn from your mistakes.

The power of truth within you will enable you to learn from all situations. When things go wrong you will be able to check yourself and improve instead of giving excuses to yourself and others. When you give excuses you will not be able to learn and progress. Take any situation that went wrong today. Check

within yourself what your part was in the situation because of which things went wrong. Then correct yourself based on this understanding.

Churning Spiritual Knowledge

Churning spiritual knowledge or thinking deeply about it makes us a complete authority of that knowledge. What are some practical ways of implementing churning in our lives?

Take 15 minutes out of your daily routine every day to think deeply on any topic related to spiritual self progress (like e.g. **each day's Positive Reflection**). You do not need to disconnect yourself from action to do this. You could do this while taking a walk, while driving to office, while cooking food, etc. By churning this way in isolation, the mind is able to concentrate immediately. Secondly if you read some spiritual knowledge and afterwards write down the essence (summary) of it for 5-10 minutes as it has influenced the mind, then you will find that essence will remain with you and deepen during the day.

The benefits of churning spiritual knowledge are as follows:

1. Churning makes the soul feel powerful: it makes you aware of your powers and increases your self-respect. Any inferiority complex ends and one experiences oneself as a great and powerful soul. Self-confidence awakens as weak thoughts diminish: "I won't be able to do this. Will I succeed or not?" Strong thoughts emerge instead: "The Supreme Being himself is with me. I will definitely be successful." Such confidence and bravery is experienced which strengthens the soul to undertake any impossible task.

2. Natural and unruffled peace in my outlook: Churning takes us to the depths of the ocean of knowledge. The depth of knowledge finishes all our attractions. In the depths there are no storms, but only the peace and bliss of unlimited treasures.

(To be continued tomorrow ...)

Soul Sustenance

Simple Exercise To Identify Your Hidden Fears

If you want to overcome and overpower fears that exist inside you, you have to first take a look at your feelings and hidden emotions. After realizing your feelings and emotions, you have to know how to manage them and finally correct or overcome them. Given below is a simple exercise that will help you to achieve that. This exercise will help you identify the conscious and sometimes sub-conscious (very subtle) fears that lie inside you. Choose an area of your life that you feel is negative and needs some improvement. Now, ask yourself these three questions:

1. What do I really want, what is my aim and objective?
2. What obstacle/obstacles are stopping me from achieving my objectives?
3. What prevents me from dealing with or overcoming that obstacle?

For each fear that comes to you in response to the question no. 3, ask yourself the following questions:

- A. What is the worst that can happen, if what I fear occurs?
- B. What is the best possible result for me and for others, if I do it even though I feel afraid of doing it?
- C. Keeping in front of you the answer to question B and comparing it with the answer to question A will inspire you to overcome the fears that lie inside you.

Message for the day

True progress brings progress in others as much as for the self.

Projection: It is usually believed that self-progress and progress of others are totally separate. It is believed that where there is thought for the progress of the self, there is selfishness and there is no benefit for those around. In fact, selfishness in an extreme form can also have a negative influence on those around.

Solution: In whatever we do we have to check and see if there is any benefit for others along with whatever benefit we are getting. If there isn't we can check to see if there is a better way of doing what we are doing which could have a positive influence on at least one person. Then we will find ourselves benefitting doubly. We will get the blessings from others along with the personal benefit we get.



Skydiving over Miami

New Eyes

It is easy to create new things, change places or do something different. To keep that sense of newness that creates enthusiasm is more difficult. The secret of newness in life is not to do new things constantly, but to see everything you do with new eyes, new insights and a new perspective.

Where there is truth there is victory.

As the saying goes, 'the boat of truth may rock but it will never sink.' When you are truthful you might temporarily experience dissatisfaction, but you will ultimately attain victory. When you are going through a time which is difficult for you, remind yourself that the truth within you will ultimately get you victory. This faith will make you face all situations with a cheerful face.

Churning Spiritual Knowledge (cont.)

We had discussed a few **benefits of churning spiritual knowledge** yesterday. Some more are as follows:

3. The knowledge that we have becomes more real: and so can give more effectively to others. We can use the jewels of knowledge in serving others. This knowledge will have much greater power and be of much greater help to others than any form of scholarly or bookish knowledge.

4. Our personality changes: Limited views and thought patterns which give birth to various obstacles can be finished by churning. Our outlook towards life becomes very broad and we become completely content internally so that name, fame, respect, insult, etc. don't affect us, they seem totally insignificant.

5. Natural bliss: By churning, spiritual knowledge becomes a source of bliss. Because of the spiritual happiness and intoxication that comes from churning, our faces will become radiant and we become instruments to attract other people towards spirituality.

6. Our concentration power increases: By acknowledging and not suppressing impure thoughts we will easily clear negative thoughts within a short period of time. Our concentration power will increase. We will be able to clear and burn impure or waste thoughts, and easily become an embodiment of positivity.

Soul Sustenance

The Power To Transform Emotions

As with feelings, **when emotions are aroused, there are physical changes inside the body in the form of chemical and electrical activity. In fact, strong emotions don't just affect the body; they also have an impact on the soul.** When the soul suffers emotional trauma, from which there is lasting impact, the emotional trauma brings about an immense strain on the brain and body. Brain chemical production is likely to be affected, and there may also be feelings of depression and tiredness. But the real trauma at the root of these physical effects is at a deeper level within the soul itself, and the resulting emotional sensitivity will also arise from the soul.

e.g. I suffer a series of losses or setbacks in my business that causes a lack of confidence and self-respect inside me. A 'sanskara' of low self-esteem is created inside. As a result I become emotionally unstable and sensitive. I'll show a tendency to react emotionally with extreme sorrow (may be in the form of depression) or extreme anger (sometimes in the form of an outburst) whenever there is a similar setback that touches this sensitivity. A person who has not suffered similarly in the past and does not have a 'sanskara' of low self esteem, and as a result does not have this tendency, will not react in a similar fashion under similar circumstances.

(To be continued tomorrow ...)

Message for the day

To be a donor means to give at each step and increase one's own stock.

Projection: Usually it seems very difficult to be a donor - to give from whatever resources we have. The thought often arises in the mind that we cannot give because we are ourselves not complete or full. We find ourselves constantly trying to fill ourselves and we then have no time or thought for giving to those around us.

Solution: We have a lot of treasures within us which we can give to those around us, our virtues, our specialities etc. Even if we have just a little and give to the others, we will find ourselves benefitting. For having given from whatever we have, we find that these treasures begin to increase within ourselves too.



The Big Moon

My Thoughts

Everything depends on my thinking. If I think in the right way I will be light. If I think in a wasteful way I'll be heavy. Waste thoughts are dangerous. They waste my time. They allow the past to come alive, then I forget the present and question the future.

When you are always truthful, you'll have nothing to fear.

True courage comes when there is the power of truth within you. When you are constantly truthful, you will have nothing to fear. In all the challenges you face everyday you will be able to maintain your courage because of your power of truth. Make sure your actions are based on truth and when things go wrong, you will still be able to maintain your courage. Keep reminding yourself that you have the power of truth with you and you will be victorious, whatever the challenges that come your way.

Understanding Fear and Its Effects

The reason we sometimes cannot see the other options, when faced with a challenging situation, is because our deepest learned habit is to create fear and then react from that fear, and it's fear that shuts down our ability to create choices, not to mention paralyzing our ability to assess the strengths and weakness of each option and make the right choice. We have been taught to believe that the fear is normal and natural. But the truth is that the fear paralyses our ability to create what may be much more appropriate and

effective responses. Fear is a learned habit and very soon we are generating fearfulness at the slightest perceived threat. Contrary to popular belief, fear has absolutely no value to our well-being. E.g. You don't even need fear to respond effectively to the unexpected encounter with a thief late at night or an unexpected outburst by your boss in the office. You need the cool, calm and concentrated focus of a gymnast and the creativity of a skilled sculptor to respond effectively. It's not the thief or the boss that scares you, it's what you do with the thief or the boss in your mind that generates the fear. Who or what are such fears in your life? What are you doing with them in your mind?

Soul Sustenance

The Power To Transform Emotions (cont.)

Thoughts may be temporary. **Feelings** (either positive or negative), accompanying repeated thought-patterns, stay a bit longer inside us. But when a soul suffers a major setback, loss or failure in life that it is not able to deal with, it becomes **emotionally** damaged and the results of that can be extreme.

Suppose I lose a loved one all of a sudden. If the feelings that come to me because of this loss can be taken care of at that time, through any means like the remembrance of God, meditation, developing a positive hobby to divert my mind, spending more time in the positive company of other family members, etc.; I will deal with the feelings and move on. If however, I am unable to deal with my feelings through any of the means mentioned, the experience of loss I feel is going to cause a lot of deep damage on the emotional level. Then it will not just be a feeling of loss, but it will actually have wounded the soul emotionally. Until that wound has healed, I'll carry it with me long after the loss has suffered. The emotions linked to it will come to the surface repeatedly, though I may have no idea where my sorrow is coming from. Due to the emotional wound, I'll be unable to stay happy, no matter how positive my circumstances may be today.

Meditation does not require me to go into the subconscious roots of my pain. Instead, through thought, **meditation enables me to take conscious control of my feelings and emotions, so as to displace the negative, which brings sorrow; with positive, which brings happiness.** It helps me experience pure, powerful emotions and loveful feelings to such an extent that the wounds left by past experiences are healed. Raja Yoga means 'royal union' - it means having a loveful relationship with God. The experience of God's love is a soothing balm for my emotions, and a remedy for the emotional pain the soul feels.

Message for the day

To keep the aim in front of us is to move forward with contentment.

Projection: Several times there are situations that are negative where we have to face things that are not really what we are expecting or wanting. At such times we tend to get disheartened and experience discontentment. Our state of mind becomes such that we can no longer experience peace.

Solution: The solution at such times is to keep our vision clear on our aim. When all our thoughts and energy are concentrated on our aim, we will be able to consider any negative scene that comes our way as only a side-scene. We can easily ignore all such situations and so our mind is at rest or peace.



Pongua Waterfall in Vietnam

The Secret of Immeasurable Wealth

The secret of immeasurable wealth is to need less. The wealthiest human beings ultimately give away vast amounts of the money that they have spent half their lifetime acquiring. This suggests that the motivation behind all their efforts was not the pursuit of wealth but something else. The need to prove something to oneself, for instance? Replace need - whether it is at an emotional or physical level - with an unshakeable faith in one's self and in God. Neither will ever let you down, if you hold fast to this faith

The power of truth is such that you need never be concerned about proving it.

Truth is always revealed at the right moment and at the right place. You don't need to be concerned about proving it. You need only to be concerned with being it and living it. Trying to prove truth reveals stubbornness. When you find that someone does not believe what you say, ask yourself if you believe in it. If you do, then you need not be concerned of proving it to others. Where there is doubt in yourself you'll want to prove it to everyone.

The Spiritual Seed and the Human World Tree

Spirituality introduces **God or the Supreme Being** as a seed, a point of reference, the spiritual Pole Star, remembered by all souls all over the world. But over a period of time, with an experience of linking my mind and intellect with Him, we realize that **although He is a seed, a point, He is a not a non-living seed but a living one with a unique personality of his**

own, a personality which no one can match, a personality of spiritual truth, of beauty, of purity, of generosity, of love, of giving, of peace, of humility, of bliss, of power, of sweetness etc. How is this possible? We normally think of a seed as inactive or dormant, despite the enormous potential that lies within it, due to which it gives rise to a complete tree and bears fruits and other products. God is the seed of the human world tree. When I see virtues around me, whether it be in all human souls including deities, prophets, saints and the founders of the great religions or animals or nature, I know that ultimately this comes from God but God is not all pervasive, i.e. he is not present in all humans or nature or in the divine souls, but everything that is good in them comes from the virtues that are present in God or basically from the personality of God (mentioned above), because the tree is the creation of the seed, so all that is positive in the tree has come from the Source, the seed, perhaps sometime in the past. But, despite the goodness which is visible; today, peacelessness and pain do not seem to have reduced, and have probably increased, if we look behind the false covering of material success. The goodness is only in small patches. So what is the need of our times?

To spiritually uplift myself, I, being a part of the creation, a part of the tree, need to catch the positive energy within God, the creator, the seed. This energy is subtle, in that it is non-physical, but it is also glowing like light, and in meditation I can catch that glow, absorb it and feel its spiritual embrace healing me and making me complete or full. **At the present moment, recognizing this need, the Supreme Being is shining the light of His personality through pure thought and vibrations more brightly than ever into the human world tree,** inviting us: 'Oh sweet child, come and reclaim for yourselves your birthright, the inheritance of truth, by absorbing the qualities inherent in me through meditation or a spiritual link with me and making them your own.'

Soul Sustenance

Thought Energy

Our thoughts are always there, whatever age we are. Their content may change but our ability to think does not. First of all, I am a thinking, experiencing being or soul. Thoughts are not something physical which I can experience with the physical sense organs. I cannot see, taste or touch a thought. Thoughts are not made up of matter or even brain cells. I am a non-physical or spiritual being (soul), which creates thoughts. My form, a point of energy, situated in the centre of the forehead is the only form that cannot be destroyed. It is something so small that it cannot be divided. My identity is a soul, and all the other identities - teacher, student, man, woman, father, mother, friend, relation and so on - are simply different roles which I, the soul, play.

Message for the day

The more we experience peace within the more there will be positivity in our life.

Projection: We usually try to change ourselves and our negativities by working on each of them separately. We might be able to overcome them also but being connected to the other weaknesses we find that they reemerge again. Then we find that the negativity remains in our life influencing all our thoughts, words and actions.

Solution: We first need to make a promise to ourselves to maintain our own inner positivity. Once we do that we also need to make an attempt to practice relaxing our mind and remaining calm before we do any important thing. When we practice in this way we will be able to keep our mind calm and this calmness will bring contentment through which there will be positivity in all we do.



Give and Take

Whatever you give comes back to you. Whatever you take will not stay with you.

Acceptance is the secret of contentment.

Appreciation is the secret of happiness.

Freeing Myself of My Inner Darkness (Meditation)

Breathe deeply... Become serene and feel a sensation of peace and wellbeing inside yourself... Now have a conversation with yourself...

I sit down comfortably, like an observer in silence. I stop paying attention to everything around me: objects, people, responsibilities, places...

I centre my mind on the present moment... The serenity, the peacefulness, wrap around me... In this calm I can see the dark corners of my inner being... They are like shadows... I see **the fears, the anxieties, the guilt, the bitterness, the selfishness, the unhappiness...** They are weaknesses that lie in some corner of me...

I accept that there are these dark areas within me... I observe them and I realize that I am not that darkness, I am not that weakness; it is not real; it is like a shadow...

I focus now on what is real; all my energy concentrates itself in the centre of my forehead and I visualize the energy centered like a point of light... It is a star of love, of peace, of wellbeing, of contentment...

I only have to access these original qualities and allow these energies to strengthen my soul... To do so, I continue to observe with calm, with patience... I don't allow my mind to judge or analyse what is happening to me... Everything that has happened to me forms part of the past... I have learned from my mistakes... I forgive myself... I forgive others...

(To be continued tomorrow...)

Soul Sustenance

The Benefits Of Soul Consciousness

The following differences between body consciousness and soul consciousness, will make you realize the benefits of soul consciousness (the practice of meditation make us soul conscious):

In Body Consciousness: I am in bondage (not free).

In Soul Consciousness: There are no bondages, I am free.

In Body Consciousness: I have many questions and few answers.

In Soul Consciousness: I understand everything that I do.

In Body Consciousness: I am afraid of dying (losing the body).

In Soul Consciousness: I know I am eternal (the soul is beyond birth and death) and there is no fear of death.

In Body Consciousness: I have no control over sense organs e.g. eyes, ears, tongue, etc..

In Soul Consciousness: I am able to practice self-control.

(To be continued tomorrow)

Message for the day

To be seated on the seat of self-respect is to use virtues in life.

Projection: It usually seems very difficult to use the virtues within us when the people around are not doing so. At such times using negativity seems much easier. In spite of not having that particular weakness predominantly, say of anger, when there is provocation from the outside we tend to react with that weakness.

Solution: In order to free ourselves from weaknesses and work with the virtues within us we need to make sure we are seated on the seat of self-respect. For this we need to recognise and appreciate some speciality within us. When we are in the awareness of this speciality of ours, we will be able to stabilize ourselves in the state of our self-respect.



Active lava flows in the ocean in Hawaii...

Positive Energy

If you speak badly of others, the negative energy that you put out into the universe, will return to you. The same is true of positive energy.

Tolerance is to be in your stage of self-respect.

When there is appreciation for the self there will be self-respect. And where there is true self-respect there will be no ego or arrogance of the special qualities in oneself. Think of one aspect in yourself which you consider your special quality. Make the practice of reminding yourself of this speciality. When you increase your self-respect in this way based on your speciality, you'll find your power of tolerance increasing too.

F M M I D
HM I M

Continuing from yesterday's meditation; have a conversation with yourself:

I observe feeling who I am... I am a being of light, situated just above the eyebrows; a peaceful being that radiates light, like a small candle that lights up a dark room and dissipates (removes) the darkness that there is in my inner room...

Aware of whom I am; I open myself to receive the presence of a benevolent (generous) golden-white Being of Light that radiates infinite love, peace and happiness... It is an ocean of love that can dissolve all my fears and melt the pain and suffering that there is within me, the soul...

I open my heart and I go towards this ocean, saying to it "Here are my fears, here are my dark areas. They are yours. They are no longer useful to me. I hand them over to you. I absorb your love and allow the light of your love to reach each dark corner of my inner being. I feel how your love touches my fears, my weaknesses - they dissolve and I am freed."

The weaknesses no longer have power over me... God is with me. He accepts me as I am, he comforts me, there is nothing to fear and I feel secure; in an immense peace, in the light of being... I maintain the divine presence of the Supreme Soul in my being; a presence that dissipates (removes) the darkness and brings out my inner beauty...

Soul Sustenance

The Benefits Of Soul Consciousness (cont.)

The following differences between body consciousness and soul consciousness, will make you realize the benefits of soul consciousness (the practice of meditation make us soul conscious):

In Body Consciousness: I become bored and depressed easily.

In Soul Consciousness: I understand situations and overcome them easily. I am able to maintain enthusiasm.

In Body Consciousness: The wings of the soul are clipped (cut).

In Soul Consciousness: I have wings of thought to fly beyond the body.

In Body Consciousness: The intellect is dull. I am limited to the perception (way of looking at things) of this physical world only.

In Soul Consciousness: The intellect is sharp. I can travel, with the power of the intellect, to my original home – “paramdham” or “shantidham”.

In Body Consciousness: I see a distorted (misunderstood) past and have no aim for the future.

In Soul Consciousness: The past, present and future of my part are seen clearly.

(To be continued tomorrow)

Message for the day

To be experienced means not to be deceived by anything.

Projection: There are so many times when a situation takes us by surprise and we make the same mistake that we had made before. It is only when the situation has passed that we realise that we have actually repeated that mistake. What then remains is only repentance as the time has passed where we could have done something.

Solution: Whenever there is a mistake, we need to take care that we learn from whatever has happened. When we continue to move forward in this way there will be no repentance for the mistakes made but there will be learning that'll make us experienced. And when we are experienced we'll never be deceived by situations which make us commit mistakes.



Tread Lightly

Tread lightly upon this earth, seeing, understanding but never imposing. Thoughtful, independent, be gracious in victory and defeat. Free of possessiveness, so ease of mind sweetens relationships. Like the scent of a rose the untroubled spirit imparts a lasting fragrance.

Forgiveness:

When someone hurts you, you can either hold on to the anger and resentment or you can embrace forgiveness.

Forgiveness doesn't mean minimizing or excusing the wrong.

Forgiveness means releasing your feelings of hurt and anger, and developing empathy and compassion for the one who hurt you.

Forgiveness brings a kind of peace that helps you move forward.

Worry Confused With Concern

One of the most **incorrect beliefs** that we have acquired since childhood is that **to worry is to care, worrying is caring**. Our parents are the people whom we grow up with and are closest to in our childhood. As soon as we are born, in fact even before we are born, even when we are in our mother's womb, they start transmitting the energy of this belief through their thoughts and later on when we are physically present in front of them, through thoughts, words and actions; to us, which we catch, because we being a spiritual energy, not only transmit or radiate but also absorb energy. As we grow up, this false belief keeps reaching us from everyone on a subtle as level as physical level from whom we meet and are close to including our friends, siblings (brothers and sisters), spouse etc. and **slowly we start accepting this belief as being completely true and lead our lives according to it and even transmit the same to others**. That is why it is extremely difficult to find a single person today who does not live according to this belief or does not bring it into their daily lives to some extent or the other.

A very common example of the above belief which we all have gone through sometime or the other is when we are late by just a few minutes in coming back home from office. On reaching home, we are asked a thousand questions and by our family members, perhaps our parents or spouse or children about where we have been and why hadn't we bothered to call and also informed about another thousand negative assumptions they had made in that much time. Why? Because they had been worried for us. We are normally surprised with the fact they are worrying, because 9 out of 10 times we are late because of a not so serious reason, but our family members explain that we were worrying for you because we care for you. But worrying is not caring. **Worry is fear or anxiety and care is love or concern, they are two opposite emotions which can never exist together at the same time.**

In tomorrow's message, we shall demonstrate how on a subtle energy level, true love and concern is more beneficial than worry in coming out of negative situations, in which we find ourselves every now and then.

Soul Sustenance

The Benefits of Soul Consciousness (cont.)

The following differences between body consciousness and soul consciousness, will make you realize the benefits of soul consciousness (the practice of meditation make us soul conscious):

In Body Consciousness: I am disturbed by feelings of false attractions.
In Soul Consciousness: I am attracted by the qualities of the Supreme Soul only.

In Body Consciousness: I give sorrow, like a thorn hurting everyone.
In Soul Consciousness: I spread the fragrance of virtues like a flower.

In Body Consciousness: I see everyone relative to my individual identity, my life revolving around "me"... this is arrogance (ego).
In Soul Consciousness: I respect each individual and relate to them with humility (egolessness).

In Body Consciousness: I am tense and tired.
In Soul Consciousness: I am alert and relaxed.

Message for the day

A practical example is one whose every action inspires others.

Projection: When we want to start off something new and different we look for role models or inspiration, which we rarely get. We usually never think of being an inspiration for others. So we begin to lose enthusiasm to the extent that we might even give up what we started.

Solution: For whatever we do, we need to have the aim of becoming an example, an inspiration for others. The more we have this in our mind, we will never be discouraged by others' actions. Instead we will be able to perform each action with such enthusiasm and such perfection that our each action becomes an inspiration for others.



Time Out

Is there some time for yourself today - just for you, to sit quietly and refresh and renew. Not escaping into the TV, or thrashing around a squash court. Just time to sit quietly, focus your thoughts, check your priorities, make sure there is nothing negative pushing you down in your own mind. Take some time and be ...with yourself. If you don't, you may miss meeting the most important person in your life.

To recognize the inner positivity is to be connected to our divinity.

When we recognize that we are pure beings with a lot of positivity inside, we are able to tap that inner divinity that lies hidden. Negative experiences and influences do colour our inner divinity. But in fact, we would love to be connected to our inner divine virtues and experience positivity under all circumstances.

Whatever I want is what I am. In all my interactions and connections I would love to experience feelings of peace, love and happiness more than anything else. And so that is what I am. When I am connected to what I really want, I am able to experience the divinity within. Whenever a negative experience takes me away from the real me, I just need to remind myself of who I really am and what I really want.

Worry Confused With Concern (cont.)

We are all linked together at a subtle, invisible level, and communicate with others invisibly. We not only send but also pick up the energy that others radiate, especially the ones that we are close to. We demonstrate with an example how this can work positively as well as negatively when we find ourselves in negative situations in our practical lives.

Suppose the class teacher of your child (we take the example of your son) calls up and says that while playing in the school playground, your son has injured himself. She doesn't explain much but says there is nothing to worry. She requests you to come and pick him up from the school. At this point of time your son **is radiating his own spiritual energy which is most probably the negative energy of fear, stress, anxiety and sorrow (although the teacher has informed you that he is fine). At the same time he is also picking up your subtle spiritual or mental energy.** You are driving to his school to pick him up. At this point of time, you only have a rough idea of what situation he is in exactly at that moment because you are physically far away from him. Guessing about the exact situation is making assumptions and is a waste of your mental energy. **If you make negative assumptions i.e. you worry and are scared, then you are sending him the same vibrations of fear, a negative energy, which he is going to pick up and it is not going to empower or help him in anyway but is more likely to weaken and disturb him and even disturb you in your driving.** You have been told that there is nothing to worry but still you know he is in a slightly difficult emotional situation and only he knows how he will come out of it. What will help him? He needs your support, but what will support him the most - we are talking about subtle support, because you are going to take some time to reach the school and provide him physical support? Your negative vibration of fear which you may mistakenly call concern or care as you imagine something bad has happened? Or the positive vibrations of your unconditional love and your good wishes, which is true concern or care? What will you send him to support him from far away? Worry vibrations or the vibrations of love in the form of your good

wishes for them? Vibrations of love will keep you also in a positive state as you drive through the city. Besides, what is care or concern? It is you sending your positive inner spiritual light to help another and worry is definitely not that.

Soul Sustenance

Effects of Anger On The Human Body

In numerous studies, anger has been found to have a completely negative effect on our physical well-being. In one such study, reported at a recent conference on forgiveness and peace in the US, it was demonstrated that letting go of negative feelings that we have for someone due to his/her negative actions relieved and reduced chronic back pain.

It seems we have been conditioned to treat any tension-triggering event, be it a small accident or a conflict with a partner or colleague, as a big problem or crisis. At these moments our bodies generate and release the stress hormones adrenaline and cortisol. Our heart accelerates, our breath quickens and our mind races. It's all harmless if the tension or fright is brief and once in a while, like a near miss while driving, but the emotional disturbances of anger and hatred are like accidents that don't end, and hormones turn into toxins. The depressive effect of cortisol upon the immune system has been linked to serious diseases and disorders. According to a recent medical research, "Cortisol wears down the brain, leading to cell degeneration and memory loss. It also raises blood pressure and blood sugar, hardening the arteries, leading to heart disease."

Message for the day

To have knowledge in the intellect is to be constantly cheerful.

Projection: When something negative happens, we find that there are only negative or waste thoughts about the situation or people. We try hard not to think about it but we find only those thoughts coming to our mind. With such thoughts the situation seems worse than it is and we find it difficult to remain cheerful.

Solution: In such situations instead of trying to cut out waste we need to give ourselves something positive to think about. When the intellect is busy thinking about the positive, there'll be no room for negativity. In this way we will be able to remain constantly cheerful even in the most negative situations.



Befriending the Alligator

Honest

If I am honest in all my dealings I can never experience fear.

What Is True Love? (A Spiritual Perspective)

Emotional love can flower into true love when the fire of emotions cools down and is substituted by a wiser and more mature relationship. True love needs a

fresh and renewing atmosphere, without fears.

When you feel spiritually full, you feel flowing over with pleasure, happiness, wellbeing, and that state helps you to accept the one whom you love as they are, because from your fullness you give and share and you don't need or expect anything from the other. While you need something that you want the other to satisfy, you will have expectations and the fear that those needs might not be satisfied, and you will get frustrated more easily. When you feel like a being of peace, a being of love, a tranquil being, a being that is spiritually full and satisfied, your relationship with others is a relationship of sharing on a level on which fear is not generated. You are not asking for or taking anything from the other. An elevated sharing of love, of happiness, of knowledge, of wisdom takes place, in which you do not generate a dependency on the other.

Attachments and dependencies, fears and insecurity, block our experience of love, of peace, serenity, freedom, happiness. When you have a feeling of love that takes you to a state of joy, to wholeness, but then you attach yourself to the object of your love, be it a person, or a property, automatically the feeling changes into fear: you fear to lose the object of your love and, instead of feeling wholeness and enjoyment, you feel fear. Over time that attachment turns into a dependency and you start to become inwardly empty: that is, your energy level goes down.

Love in its purest form is like a spring that pours forth for the benefit of others. Learn the art of loving, being free and allowing to be. Pure, true, love is an unconditional love that flows freely. Do not cling (hold on to). Love does not cling.

The Interplay between Souls, Matter and the Supreme Soul (God)

The forces which interact to produce the phenomena of world history and geography: souls, matter and the Supreme Soul (God), are threaded by the law of karma. When there is mental communion (connection) with the Supreme, the soul's relationship with matter changes. This means that the internal love-link that the soul has with the Supreme is reflected in the performance of the soul in the material world and in the degree to which the soul has mastery over matter; firstly over the sense organs of the body and through that, over the colors, shapes and sounds of the material world.

We have continually sought to understand which way to act, but have lost our sense of direction for various reasons:

- * We forgot that we were soul-actors.
- * We became lost on the world stage.
- * We became over-identified with our costumes the physical body.
- * We lost sight of the story of the drama.
- * We forgot that we were residents of the soul world.

* Due to body-consciousness the soul severed (broke) its subtle connection with the Supreme Soul.

Soul Sustenance

Understanding What Are 'Karmic Accounts'

We are not individuals acting alone in this world drama; we act in this extraordinary drama or play of life with other actors or souls who (along with us) play their different roles with different physical costumes at different times in the drama. **During the process of interaction with other actors (souls) and according to the type of interaction with them, we create accounts of debit or credit that become the basis of our connections with others.** The reasons for which a specific relationship goes well or not are in the so called 'karmic account' that I have accumulated with the other person in the past. The past could be in this birth alone or in one or many previous births. **The souls that play the parts of parents, children, husbands, wives, brothers, sisters, friends, office colleagues and others whom I know form a network for the giving and receiving of happiness and sorrow from accounts established in the past or being created in the present.**

The strongest relationships that I have now were established previously. We knew each other in other lives and but in different roles. The daughter of some births ago returns now as the father, the best friend comes back as the sister etc. As long as the account exists, the interchange of actions between two souls continues. When there is nothing more to give or receive, the paths between the two souls separate by death, a break-up, a divorce or simply by the loss of contact. An e.g. of this is our school friends. Many of our friends whom we were close to in our school days, we are not in touch with today. Another e.g. is when we change jobs; we might lose complete contact with our old colleagues.

Message for the day

The wings of courage and enthusiasm enable one to fly forward.

Projection: While moving forward we sometimes find ourselves in a position where there seems to be no progress. We don't seem to understand the reason for this and we find success eluding us. We try different methods for success but if we look within we find that either we have no courage or no enthusiasm, which prevents us from giving our best to the task.

Solution: We need to have both the wings of courage and enthusiasm in order to succeed. If there is no courage we give up trying. On the other hand, if there is no enthusiasm we get tired and tiredness never lets us work towards success. So before we take up any task we should make sure we fill both these wings with such power that we will be able to work constantly till we succeed.



No Task Too Difficult

If you do everything with the feeling of happiness, there will be no task too difficult to perform.

What Should We Value More - The Soul Or The Body?

When the soul leaves the body, it's not just the body that dies but it's as if all the connections with the world of that individual are simply switched off. Not only the relationships but all specific plans, projects and desires suddenly have no further means (medium) through which they can be expressed or put into practice. The powers of thinking, deciding and the personality traits ('sanskaras') connected with the life that is being left behind, stop and get hidden momentarily to emerge again in a new body, a new life. All the material things that belonged to that particular individual are passed on to others.

It's interesting to note that even when the body is sick it can only be treated when the soul is still present. If we take out the soul no one remains to look after the body.

On the other hand, the body is a truly marvelous vehicle for the soul to express itself through. No manufactured machine could hope to compete. For example, it is calculated that in just one day, the brain is able to complete a hundred times more connections than the entire telecommunications system of the planet. Or compare the human eye with any manufactured camera or the heart with any manufactured pump. The body's importance cannot be played down or not taken into account.

The Power to Pack Up

On the path of meditation, I am a traveler, on a magnificent journey. I have to make some firm choices about what will take with me on this journey. To pack up means to learn the lessons of the present, then to move on, letting the past be past. It means not carrying the baggage of the past into my present and future, but traveling lightly from one day to the next, keeping only what is most useful to me. That way, I'll enjoy the journey more, and move faster in the direction of my choice.

I'll also be lighter in my relationships. The power to pack up enables me to fill each exchange I have with others with freshness and newness, instead of allowing influences from past encounters with them to affect my present attitude and behaviour. When I carry emotional or intellectual baggage from the past into my present dealings with an individual, I don't give that person the opportunity to express himself freely: my attitude colours him with the paint of my previous experience. It is important to process the past, and learn from experience, but then finish it, so it does not block my view of how things are today.

Meditation helps me to acquire that discipline of finishing negative and wasteful thoughts i.e. inculcate the power to pack up. As the habit of self-observation develops, it doesn't take long to understand how negative thoughts and feelings literally negate my central aim, of re-emerging my true nature. Negativity drains the battery of the soul faster than anything else does.

(To be continued tomorrow

Soul Sustenance

Harmonizing The Mind And The Intellect

The intellect is the faculty of the soul that judges thought and determines its quality, its ethical purity, its truthfulness, its usefulness, its appropriateness, whether it is necessary, right or wrong. **The intellect is backed by the conscience. In fact, the conscience expresses itself through the intellect.** If you have a positive thought, the intellect should approve it and allow it to be put into practice. If a feeling of doubt accompanies the positive thought, the intellect should take it into account and remove that doubt, before the thought gets converted into action. **When the faculties of the**

mind and intellect are pure and strong, and they cooperate in harmony; they support one another and there is no inner conflict.

If the intellect is weak, the mind feels confused and it will generate many unproductive thoughts. There will be an inner conflict and in the end the intellect will lose, because the power of influence of the intellect is less. Then, the intellect will not have the power to prevent them from going into action. Actions will be performed that are negative or unproductive, in opposition to the conscience, and they will as a result create negative habits.

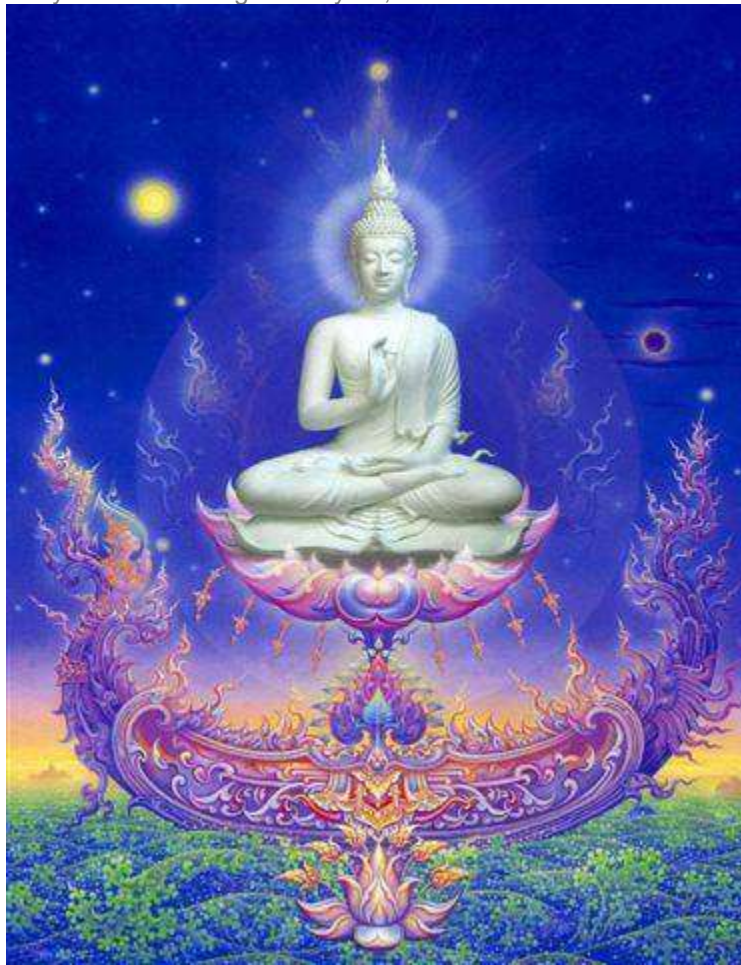
The intellect is the most important faculty of human consciousness to bring about personality change. If the quality of the intellect is good, the capacity and quality of the intellectual processes through which you perceive and live reality will be higher. If the intellect is clean and pure, you will differentiate what is real and authentic from what is unreal and false. You will be able to judge if a situation is beneficial or wasteful, useful or useless.

Message for the day

To have true faith in oneself is to attain success.

Projection: Sometimes false courage is mistaken as faith. When we take up some task we might be deceived into a feeling of having a lot of courage which makes us over-confident. Then instead of putting in effort to give our best we tend to become careless. Such carelessness will not enable us to achieve easy success.

Solution: We need to check within ourselves and see if we have true faith in ourselves or not. Faith always comes with the recognition of our own specialities. We also need to pay special attention to work towards something that we can achieve. When we do this we will find ourselves succeeding naturally.



Bliss

Desires will never end but our sense organs will be worn out. The state of Bliss cannot be experienced by a wandering mind seeking sensuous pleasures. It can be achieved by self-knowledge, self-realisation and yoga with the Supreme

Situations are a reminder to bring out positive qualities.

Every situation is an excuse to bring out qualities from us, good or bad. It is upto us what we want to use. If we continue to blame situations to bring out anger, ego or any other negative trait, it will continue to increase. On the other hand, if we use the positive qualities, we find them increasing. So, in any situation it is important for us to remind what positive traits we have and use them. Today I will learn from one situation. I will check if I am able to maintain a positive state of mind or not. I will create a thought, based on a learning from the situation, making my mind positive. I will then be able to add power to the situation, instead of losing my own power.

The Power to Pack up (cont.)

As I progress on my spiritual journey, even thoughts that waste the precious resources of the mind come to be seen as a barrier. Turning a scene over in my

mind repeatedly is an example of waste, that will rob me of the mental concentration and emotional stability I need to keep moving forward. Sometimes we do get stuck, like a broken record, in such mental grooves, without realizing what we are doing.

The power of pack up means I recognize the damage caused by such waste, and put an end to it. As I renew the awareness of myself as a soul, in relationship with the Supreme Soul, the needle of my attention is lifted above the groove, letting me come fully into the present.

I also learn to be selective in what I choose to remember or forget from the past. This is not dishonest; in fact, it is being honest to my task. Human beings in any case have highly selective memories. We not only see and understand differently, according to our individual interests and agendas, but our attitudes and perception also determine the memories we choose to store.

Meditation enables me to exercise this option quite deliberately, picking up those scenes from the past that nourish me and help me move forward, and rejecting memories that pollute my mind and slow me down.

Soul Sustenance

How Often And Why Do I Need To Meditate?

As with anything else, the more we practice meditation, the more we feel the benefit of what we are doing. We do need to practice meditation regularly because the habits of:

- i. identifying with our physical form,**
- ii. succumbing to mental and emotional negativity (in the form of waste and negative thoughts) along with negativity in words and actions,**
- iii. becoming attached to the physical as well as the non-physical, and**
- iv. being dependent upon the experience of physical stimulation of any sort (from e.g. food, movies, people, sports etc.) for happiness are extremely deep.**

These habits have deepened over a period of many many births, because of repeating them regularly, due to a lack of spiritual awareness. As a result, in the present moment also we regularly and quite easily slip into these four habits.

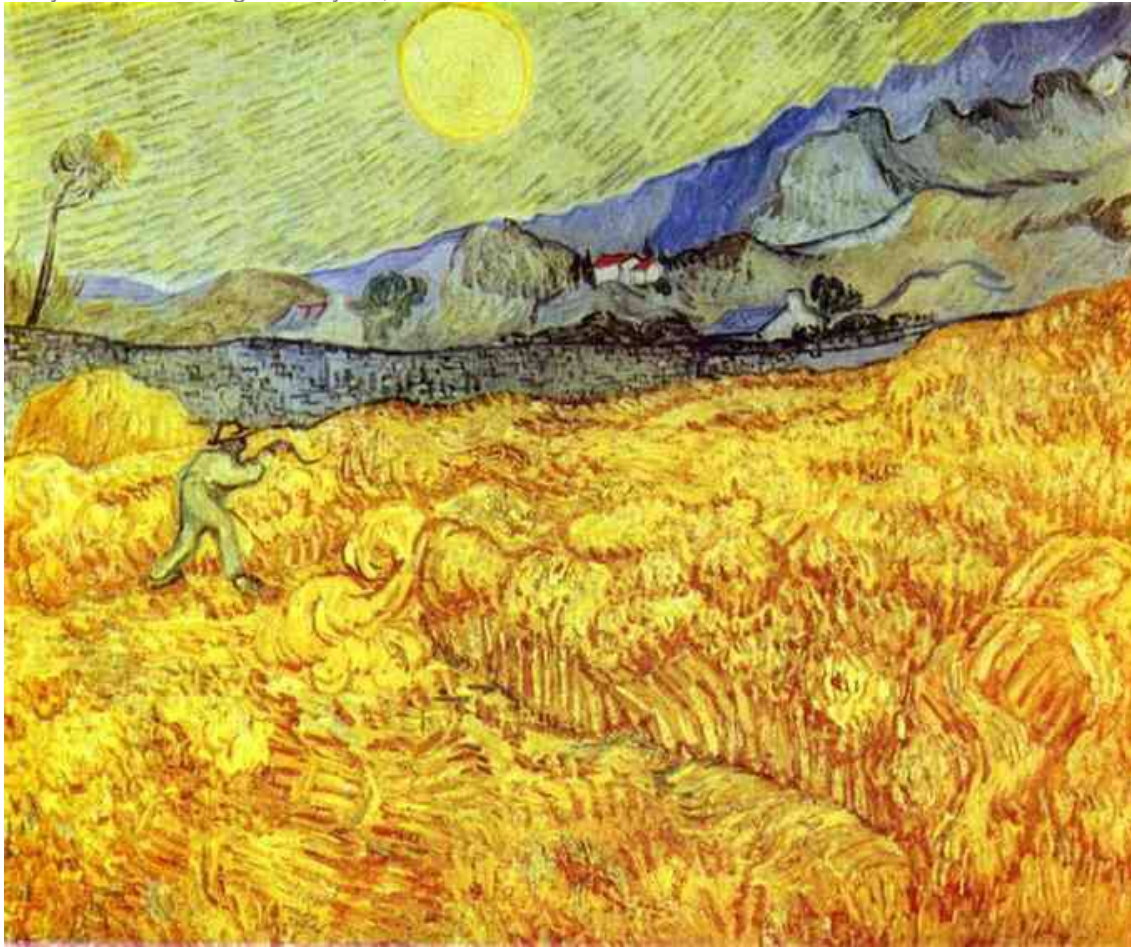
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Message for the day

To be prepared for obstacles is to remain cheerful under all circumstances.

Projection: Generally there is always a wish not to have to face any obstacles. When we begin something new we usually have a thought to have things going perfectly well. So when obstacles do come we are not prepared and we experience dissatisfaction and sorrow.

Solution: Whenever we start something new we need to prepare our mind that we are sure to be faced with obstacles. Along with it we also need to understand that these obstacles actually teach us something new and it is only with such situations we can learn.



Vincent VanGogh-Reaper-1889

The Future

The future is not a gift, it is a creation. We create it as we live.

Thoughts are like currency.

Just as we pay attention to our bank balance, we also need to check the account of our thoughts. Thoughts are like currency. Think positively & you'll increase your 'bank' balance.

How do you spend your thoughts? Check how many thoughts are wasted & how many are used constructively. Invest your thoughts on the things you want to develop.

What Stops You from Being Positive?

There are many reasons that make it difficult to produce and hold on to positivity in your mind and attitude. The external information we receive is mainly negative, and our thoughts and conversations are based on this information. Other causes include:

- * Other people's negativity rubbing off on you;

- * Other people's criticisms influencing you;
- * Self-doubt;
- * Lacking clear objectives in life;
- * Not having recognized your true qualities, virtues and values;
- * Lacking self-confidence;
- * Not believing you are a positive person;
- * Keeping the past in your mind;
- * Being egoistic;
- * Comparing yourself with others;
- * Having low self-esteem;
- * Being frustrated or irritated;
- * Lacking flexibility or tolerance with people or situations, etc.

Soul Sustenance

How Often And Why Do I Need To Meditate – cont.?

As explained yesterday, we regularly and quite easily slip into four main negative habits. So meditation is not only sitting in a quiet corner, and connecting with the self and the Supreme, at a couple of fixed times during the day, but **it is also the way to gently remember and remind ourselves, many times in a day, that we as well as others, are souls or spiritual beings not physical beings**, by detaching ourselves from actions and also while being involved in actions. These reminders given to the self over a period of time become natural and prevent us from succumbing to these four habits. Given below is a basic meditation, which you could use to remind yourself regularly during the day:

I have a body but this body is not me...
 I have thoughts but these thoughts are not me ...
 I have feelings but these feelings are not me ...
 I have attitudes but these attitudes are not me ...
 I have emotions but these emotions are not me ...
 I have beliefs but these beliefs are not me ...
 I perform many actions through my sense organs, but these sense organs are not me...
 I play many roles but I am not my roles...
 I experience joy or sorrow through my sense organs, but these experiences are not me ...
 I am a soul – a being of energy, which is neither created nor can be destroyed, and my original and true nature is one of peace, love, joy and power...

Message for the day

True detachment is to be a master of all things that we use.

Projection: Detachment is usually mistaken as being away from things because usually while using the facilities available we tend to get dependent on

them. Such dependency is troublesome and so we sometimes give up using these facilities thinking that this is detachment which helps us to be free from their control.

Solution: The solution lies in mentally detaching ourselves from the facilities we are using. That means we use them but we are not dependent on them. For this we need to remind ourselves that we are the creator and whatever facilities are available to us are the creation. This enables us to develop mastery and control over everything.