



Crescent-shaped lake in the Gobi Desert-a natural wonder

## Get Deep

Deep inside our consciousness is an oasis of peace. This is the molten core of the soul, but it is not hot, it is cool. Not passive, but a source of inner power to fuel our mind and intellect, so that we can create powerful thoughts and make accurate decisions. If you can learn to go to this centre, peace will be your companion, positivity your partner, and you will be able to chill out in one second, anywhere, anytime. Returning to the centre of your self is the journey of one second. It is the regular destination of clever souls. And it is the source of your power and peace.

## **Respect:**

If you are having trouble respecting someone, understand that what you see may be a matter of where the light is falling. Where the sun is not shining may not indicate a gap - only that something is resting in the shadow.

## **Understanding What Is The Soul World (Incorporeal World) - cont.**

The souls stay in the soul world in well-defined groups. They descend onto this earth in a certain chronological order, according to the quality of sanskaras. At the apex of this configuration of souls is the Supreme Soul, whom the other souls call God, Allah, Jehovah, etc. Beneath him the souls are positioned number wise according to their degree of similarity to the Supreme. Depending on the quality and the part the soul has to play, it emerges in the human world, taking the body of a developing baby in a mother's womb. It then continues through the cycle of birth and rebirth according to the role that it has. When the parts are over, souls again return to this world of light, peace, liberation and complete purity.

The deep rest the soul has had in the home has such an effect on it that even though it forgets the details about that world, there is always a desire to search for that peace and silence when it becomes lost and confused in the world of matter. In that supreme region only, souls remain in their completely original, natural state, which can be experienced through Rajyoga meditation.

## **Soul Sustenance**

## **Practical Positive Response Training To The Mind (Part 2)**

**If I believe that I am just the physical body and that my thoughts are simply results of chemical and electrical processes in the brain, and not something I can consciously control, I let go of the key of taking charge of what is going on inside my mind.**

In meditation, my intellect recognizes and realizes that my thoughts are my own creation, of me the soul and not the body and that I, the soul, using the intellect, which is also a part of the soul, can make choices about them.

When I realize that my natural state is to be the master of my mind and not to be dictated by it or dictated by the brain, I start taking charge of what is going on inside. When I practice being a master of my mind repeatedly by practicing meditation regularly, the new habit of creating only positive thoughts settles inside me and my habit of responding negatively with a negative state of mind to negative situations, begins to change over a period of time. I start responding positively even to negative situations. So, meditation is a major transformation process of the habit of thinking negatively, which then has positive results on my personality and behavior.

**Tomorrow we shall further clarify the process which has been explained in today's and yesterday's message, with an example.**

### **Message for the day**

#### **When we change our world changes.**

**Projection:** We usually wait for the world to change, sometimes the world at large and sometimes our own little world. Since it is not in our hands we don't find it changing according to what we want and we give up trying. We rarely think of changing ourselves which is possible.

**Solution:** When we change, our thoughts and attitude change too. We are then able to look at the people and our world around us with a different vision. Thus we find that our world changes, not so much in the situation as much as in our own perception.

