



Light and Easy

As we grow in strength in our spiritual life, we give up the habit of worrying. It serves no purpose other than to make us feel tense and miserable. When I stop fretting about things that are beyond my control and focus instead on generating optimistic and kind thoughts, my life can begin to flow in ever more positive directions. Such a light and easy approach to life enables me to take everything in my stride

Cheerful

To remain cheerful, learn how to cordon off areas of weakness. Once you refuse them entry into the rest of your mind, they can no longer influence you. Then you can work on them safely. Wrestling with your mind weakens you. When negative thoughts grab a hold of you, observe them without judgment and they will loosen their grip.

The Mental Microscope

When the lens of the intellect becomes refined (clean), it is able to examine many things in detail and work like a microscope. In the same way that a microscope is able to detect bacteria and the types of germ that cause particular types of disease, so too the intellect is able to use its microscopic capacity to detect those germs that cause emotional and spiritual illness inside the soul. For example, it is able to examine and understand that the illness of anger comes from the germ of expectation; that the illness of possessiveness comes from the germ of insecurity; the illness of aggression, or forcefulness, comes from the germ of fear and that the illness of stress stems from the germs of worry, doubt and greed. If the germs are seen and understood, then the illness can be cured through the application of appropriate knowledge and meditation.

Meditation, in the form of focused silence, acts like a spiritual laser dissolving the acquired germs and emerging the original healing energies of the self, such as peace and self-respect.

Without this focused silence, it is difficult to remove the germs, even if they are seen and understood. The original innate energy of the soul (mentioned above) is needed for any permanent cure.

Soul Sustenance

Self Transformation (Change) (Part 6)

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

Develop a spiritual lifestyle

The daily practice of meditation will be aided (helped) if we change those aspects of our life that affect, or weaken our ability to control the mind and live in a state of peace e.g. taking mind-altering substances (substances which affect the mind negatively) like alcohol and drugs, watching violent films or performing other negative actions that strengthen old patterns of behaviour and sanskars that take us away from our true self.

Many changes happen easily and naturally as we begin to experience the benefits of meditation. Our desires for material objects beyond those that are necessary for daily living reduce as we seek to live a simpler, quieter life. We gain a deeper respect for nature and loose the desire to eat animal flesh, and we become more selective about the company we keep and the things we talk about, realizing that everything we say and do has an impact on us and the world around us.

As our self-esteem and confidence subsequently grow, we feel ourselves drawn to help others, to share the benefits we have learned from our own inner journey. Life becomes filled with greater meaning and purpose and we want to do our best for the spiritual upliftment for ourselves, for our families and for our communities.

(To be continued tomorrow....)

Message for the day

To be strong is to watch situations with detachment.

Projection: When a difficult situation comes our way, we think it is permanent. We do try to bring about change, but very soon give up when we don't find any change. We lose patience to work on the situation and we feel tensed and stressed.

Solution: In order to pass in any situation we need to recognize and understand the fact that all situations will surely pass by when the time comes. But we don't have to get stuck with it at that time. We need to do what we can and just wait for the time to pass by.