



Wisteria Gardens, Kyoto, Japan...

Good Feelings

Fill your mind with peace and good feelings and your mind will give that experience in return. Whatever you are experiencing in your mind now is what you put there earlier on.

When you remove the weaknesses within you, you will never become an obstacle for your own or others' progress.

Check if anyone considers you an obstacle in any task. If so check if this is because of your own weakness. Also check if there is any weakness within you that is stopping your own progress. Each day take a thought, "I am the one who helps others to progress. I have no weakness that stops or retards the progress of others. When you practice in this way, you will find yourself free from the weakness.

Applying the Law of Balance to Anger

Yesterday we had explained how the law of balance can be applied to anger on a smaller level. The same law can also be applied on a larger level. Each time a group of people transmit the negative energy of anger physically to another group of people - at that time, either:

a) one party is disturbing the balance temporarily, which will be restored sometime in the future, by the second party indulging in similar behavior, or
b) balance is being restored at the present moment (because negative energy had been transmitted from the opposite party to the first party sometime in the past). This balancing must take place, because it's an unbreakable law. This is the law of balance.

This law that does not need to be enforced by us, the police or even by God. It is a natural law like other laws of nature. It gets enforced itself and cannot be broken by anyone. Understanding that this law is embedded in the human state of affairs at all times makes us careful and detached so that we don't hurt ourselves with violent, toxic thoughts, when someone acts negatively. We create these kinds of thoughts because we believe this is revenge that is justified. Also, knowing that anger that is radiated comes back doesn't mean we don't have any laws within society - they are required, but it helps us not to take the law into our own hands. We cannot force justice to take place before its fixed time. We cannot force the balancing of energies of anger. If we try doing it, it is being egoistic and we only upset the balance of our energies as a result. Even to criticize those who try to take the law into their own hands is to take the law into our hands.

Soul Sustenance

Letting go of the Past

The influence of the past on our personality, hopes and fears is deep, and difficult to trace. The past is by definition a collection of memories. It is also the journey on which we have picked up the skills required in our day to day activities, because of which we tend to believe that remembering the past will help, sustain (strengthen) and protect us. There are certainly great benefits in learning from our past mistakes, but too much attachment to the past can damage present satisfaction.

Many of us are very worried about avoiding past disaster, even to the extent that we forget how to enjoy the present or how to hope positively for the future. E.g. if we have been badly hurt by someone in the past, we may allow this to damage our self-esteem. We become worried that the unhappiness will occur again, because of which we see our current relationship with some other person with a negative frame of mind. As a result of that the negativity is reflected back at us. The relationship fails, which strengthens our belief in the past, and increases negative feelings about the future.

Message for the day

Words are effective when truth is combined with sweetness.

Projection: It is usually believed that when we speak the truth, we need to be frank and outspoken. And with this attitude we sometimes tend to become harsh in our words too. We believe that only when we are assertive in this way, will our words be effective. But practically it is found that when our words are without sweetness we will only find temporary results.

Solution: In order to have lasting effect when we have to give correction to someone we need to take care that there is sweetness in our attitude and voice too. Only then will there be the desired effect in the words that we speak and we will find people bringing about change in themselves.

