



Woman in Hat and Fur Collar-Picasso 1937

Creative Life

To live a creative life, we must lose our fear of being wrong.

Ego

One of the most difficult things to do is letting go of your ego. And yet, it is very simple, easy and effortless and one of the most powerful things you can do. And yet, when you do it you give up the need and the desire for power.

When you can bring yourself to get beyond your own ego, you raise yourself to a whole new level of awareness, experience and effectiveness. When you can think, live and act unconstrained by the limitations of your ego, the possibilities are truly endless. Your worries, your fears, your doubts, anxieties, disappointments and hesitation to move forward are all sustained by your ego. Imagine the power of leaving all those limitations behind.

Spend a few minutes, a few hours, or an entire day unconcerned about what others will think, or what's in it for you, or whether something offends you or not. Feel the freedom, delight in the ability to accomplish, and explore possibilities that you may never before have even known about.

The Power To Tolerate

Visualize a tree with lots of fruits hanging from its branches. When I throw a stone at it, what does it do? It bends its branches low and offers its sweet fruit to me. I enjoy eating the fruit, which gives me inner satisfaction. What happens as a result? My respect for the tree increases.

This is a beautiful image of the power of tolerance and I have lots to learn from it. It shows me that if I want to imbibe the characteristics of the tree, I must become full of the fruits of the spiritual attainments from the Supreme Soul. When I am filled internally with fruits like joy, love, wisdom, beauty and peace through spiritual knowledge and meditation; even when the stones of difficult circumstances come my way I'll still be able to respond positively and creatively, with courage and humility. If I'm empty, the stones will injure me, and I'll react with anger or fear or ego or some other negative emotion.

Also, although many stones have injured me in the past, I must remove any hurt in my heart, which may have developed as a result of injuries experienced from them, when I did not have the Supreme Soul with me. These will prevent me from sharing the unlimited fruit made possible by the company of the Supreme.

Real tolerance means tolerating with pleasure and not with stress. It does not just mean putting up with a difficult situation, and at the same time counting how many times I have had to tolerate it. Tolerance means that no matter what stones come my way, I realize completely that those throwing them are souls not full of attainments, and so my duty is to continue to share my internal attainments with them.

(To be continued tomorrow

Soul Sustenance

Meditation For Overcoming Fear (Part 2)

This meditation commentary is a continuation of yesterday's message.

Create the following thoughts:

I continue to go forward... I only observe feeling who I am... I am a being of light... a peaceful being... like a small candle that lights up a dark room I radiate light and remove the darkness inside. Conscious of who I am... I imagine that I am in the presence of a generous Being of Light that radiates infinite love, peace and happiness... It is a powerful ocean of love that can dissolve all my fears, the pain and suffering that there is inside my soul...

I open my heart... and mentally I say: "here are my fears... They are yours... They are no longer useful to me... I hand them over to you... I absorb your light... I absorb your love and let it reach each dark corner of my inner self... I feel how your powerful light, full of love, touches my fears... they dissolve and I am freed... I let go of all worries... The weaknesses and problems no longer have power over me... I feel that the Supreme Being is with me... that He accepts me as I am... He comforts me... I feel safe... at peace... in an immense peace... and free of worries..."

I enjoy this present moment in His company and I share this peace and love with the world.

Message for the day

To have cooperation, love and mercy is to be a giver.

Projection: When we see others' weaknesses all we can have generally are negative thoughts about them. We can, then, no longer help the other person in any way as such negative thoughts only further strengthen the others' negativity.

Solution: Instead of reacting with negativity, we need to have mercy for the ones who are in the control of their own weakness and see if we can help them in any way. And the only way we can encourage the others to change is with love.