



Humility

Real humility is rare because to have it you have to want nothing, yet when you have it you get everything.

The Difference of "i"

There is only the difference of the letter "i" between the words 'bliss' and 'bless'. When we stay in bliss then we naturally draw the blessings of others. We don't need to ask for the blessings, they just come. However, if our nature is even slightly sensitive we will either clash with others or get caught up in them. Clashing and getting caught makes the soul distressed and tired. Become free of these and you will feel that your hands are no longer tied and so you can give. Those who are free can become 'phool' (flowers). When we are not free we either prick others or we get pricked by others.

Different Shades Of Attachment To Opinions And Ideas (cont.)

The attachment or detachment to one's ideas not only comes into play while giving an idea or opinion, but even when accepting or receiving or listening to an idea from another person from the group. **The more the attachment to one's own ideas, the more will be the tendency to resist or reject the other's idea.** A particular person, with the objective of resisting or rejecting the idea:

- * **might try to do the same through different means like putting up a seemingly valid or even an invalid objection to the idea in front of the whole group** which may seem very reasonable to the group and may be taken or accepted by the group or the person objecting may try to ensure that happens or

- * **he/she may quietly disassociate from the group** if the group begins showing interest in the idea (sometimes the influence of the position of the person is such that this kind of disassociation very easily manages to reduce the energy of interest of the group in the new idea) or also

- * **might present a new idea to the group, which manages to divert the attention of the group, etc.**

Sometimes the person rejecting the idea is aware of the fact that he/she is rejecting the idea because of the inner attachment to his ideas, but will not admit it in front of others and sometimes he/she might not even be slightly aware of the fact; the attachment is too subtle to realize. Others might realize their attachment, but they might not themselves. And if someone to point out their inner attachment, they might even react, because **where there is attachment, there is fear that the other's idea will be accepted and yours will not. Attachment to one's ideas fills the energy of 'I am right' in any situation.** Overcoming all sorts of attachment to one's ideas is one of the foremost steps that we can take to bring about harmony in all types of relationships.

Soul Sustenance

Meditation For Overcoming Fear (Part 1)

Breathe deeply. You should say to yourself "relax, calm yourself". Repeat until you are peaceful and centered. Become serene and feel a sensation of peace and wellbeing. Maintain this serenity on breathing. Free yourself of worries on breathing out. Now slowly create the following thoughts:

I sit comfortably like an observer in silence... I let go of every-thing around me... objects, people, responsibilities, places... I focus my mind on the present moment... I let the serenity... the peacefulness... envelop me... In this calm I can see the dark corners of my inner self... Like shadows, I can see the fears, anxieties, guilt, unhappiness, weaknesses that lie hidden there... Fear has poisoned my being; it has stolen my peace, my happiness and my self-respect...

I accept that there is fear within me... I observe it and I realize that I am not that fear... I am not that weakness... it is not real, it is a shadow... I focus now on what is real: it is love... it is peace... it is wellbeing... it is the purity of the soul, what is real, authentic and true... I only have to access these original qualities and allow these energies to heal and strengthen my soul... To do this, I continue to observe calmly... with patience... I do not allow my mind to judge, or analyze 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...

This meditation commentary will be continued tomorrow:

Message for the day

When there is equality in what we understand, desire and do, there is success.

Projection: We usually recognise the need to bring about a change in ourselves from the signals we get from different situations. We also feel strongly that we have to change, but most times we find ourselves not taking into action and our change is limited only to understanding and having a desire.

Solution: As soon as we understand that we have to change, we have to work at bringing about a change in ourselves immediately. We need to tell ourselves that there is no better time than now when we can bring about a change. We, then, find ourselves successful in all we do.