



The Spiritual Aspect of Healthcare

Silence, happiness, love and blessings are important aspects. Happiness leads to good health. It is only you who can give this medicine to yourself. Some bring illness to themselves through anger, greed, unfulfilled desires, expectations, suppression of feelings and relationships not based on true love. Look in your heart; you will know where your illness comes from. There are three ingredients for a long and healthy life: live with attention but without worry; use time in a worthwhile way; keep your thoughts pure, positive and filled with strength.

Accurate Decisions

Making accurate decisions means to make right and benevolent decisions, that is they should bring benefit to all. Before making an accurate decision, we need 1. Time to reflect 2. To understand the power of choice. Ask, understand, discuss and then decide.

Uprooting The Emotion Of Worry From The Consciousness

What is a good definition of **worry**? **Worry is a process of imagining the worst possible outcome or result or future in a particular situation and creating a living and active image of it in front of the eye of your mind, and then using the energy of that negative image to flow inside your consciousness so as to completely overpower or weaken your spiritual and as a result your physical self to evoke fear in the self.**

When people are asked about this process, a person who is attached to this process and is involved in the process very regularly the whole day in different types of situations, one who is a habitual worrier, responds "But it's important to worry, it's good to worry. If we don't think of different possible negative outcomes, how will we prepare for them?" **It's important to realize that the belief, that by worrying, we prepare for the worst in the future is a false one.**

This belief causes us not to realize the truth that all worry is simply an incorrect and fruitless creation. It is a wrong use of the positive, constructive and imaginative capacity of our mind and intellect which, instead of empowering the mind and intellect, weakens it. Preparing for the future is important and necessary, but very often while doing that, we enter the territory of worry, which leaves us, defeated or weakened.

There is an extremely fine line between proactive preparation (necessary preparation in advance) on the one hand and worry on the other. The preparation can be done without creating an excessive number of possible negative outcomes in the mind.

(To be continued tomorrow ...)

Soul Sustenance

How Does the Mind Work?

We can compare the mind with a screen, where thoughts, images, feelings and associations are constantly appearing. Thoughts manifest themselves in the mind in the same way as images on a film are projected onto the cinema screen.

The mind often interprets negation as affirmation. Therefore, when we tell you not to think about something, it is as if we were saying, "Think about this" and these thoughts are produced with even more force in the mind. Therefore transforming negative habits and personality traits becomes a struggle. The most effective way of fighting is to ignore these unwanted thoughts, but we should then immediately focus our mind in another direction, thinking about something positive. Thus useless or negative thoughts have no space to grow in our mind. Thinking positively is not a battle against negativity but by imbibing spiritual knowledge, we transform the negative into positive.

We can compare the mind with a naughty child who is playing with a dangerous object: if you take it away from them they will cry until they get it back again. Perhaps a more effective method would be to offer them something that would be of more interest to them and in this way, by having a new inoffensive toy in their hands, they will leave the dangerous object alone.

Message for the day

Sweetness is the ability to see the good in all things.

Projection: Deep within each and every situation is something good. It only takes a little patience to look within and find it. When we are able to understand the secret behind what is happening, it automatically brings sweetness in our life

Solution: Whatever happens throughout the day, we should be able to see the good in it. Even if we are not able to discover something good at that moment, we should maintain the faith that whatever happens is for the best.