



Schlegeisspeicher, Austria

Sincerity

The practice of silently observing life enables me to understand other people's inner concerns. I become slower to judge and better able to respond openly and thoughtfully

Uprooting The Emotion Of Worry From The Consciousness (cont.)

In yesterday's message, we had explained how worry is the wrong use of the imaginative capacity of the mind and intellect. On the other hand, **imagining possible positive outcomes or results will have a double effect of not only keeping the negative outcomes away from us (even if there is a possibility of them occurring), but will also attract the positive results towards us.**

But to ensure that both these processes happen, it's important not to attach possible negative results to the same, even to the minutest extent, otherwise the probability of positive futures becoming a reality reduces. Worrying is another word for this attachment process.

Worry is a type of mental habit, which arises from the belief that it's good to worry. This belief gets acquired during our childhood. And then it keeps getting strengthened from our life experiences. We start from this belief. That attracts negative circumstances; as a result the belief gets strengthened further, because you think that with life full of so many negative circumstances, it's important to think of negative outcomes beforehand.

You don't realize that these negative situations occurred in the first place largely due to this belief. When we are faced with a negative situation, again we worry because we hold that belief. Again it's the same result. In this way, we are caught in a vicious cycle. How do we come out of this cycle?

By changing this belief to - 'it's not good to worry'. Once we do that, there is no guarantee that negative situations will completely stop arising in our life, because we have performed negative actions in the past (either in this birth or past births), which need to be settled in our present, but the extent of negative situations will be minimized. And even if they do come, they will bid goodbye sooner, if we have a worry-free consciousness.

Soul Sustenance

The Gender of God

In a large number of religious traditions, all over the world, God is always referred to as a male entity. But, just as the soul does not have a gender and is neither masculine nor feminine, God's i.e. the Supreme Soul's gender is neither male nor female specifically. Therefore, as a soul, a spiritual child of God, I can come close to God without any inhibitions or difficulty, which I may experience in any relationship in the physical world, due to the gender of the body I am occupying.

We need to take a look at the Supreme Being or God closely. The Supreme Being is the **Supreme Mother** who provides spiritual sustenance and whose love is full of unconditional acceptance. No matter what has happened, how my nature or personality may be, I experience unconditional acceptance from God. It's a love that strengthens me, as well as it purifies me.

At the same time, God is also the **Supreme Father**, a very powerful entity, who provides protection and fills the soul with the inheritance of divine qualities and powers. It's a question of just being an innocent child and claiming that inheritance. These are the first two relationships that have to be experienced with God. The Supreme is a balance of being feminine, having the qualities of **caring, giving** and **full of good wishes** and masculine at the same time, having the qualities of **power, authority** and **fearlessness**. He is She and She is He. These two relationships with God, whereby God plays both the roles of both parents are the basis of my spiritual development.

Spirituality introduces to us the concept of taking a new spiritual birth to the Supreme Father and Mother. This birth is based on a change of consciousness. One needs to let go of the negative, impure and sorrowful past and develop a new consciousness, based on the present introduction to spirituality, which is positive, pure and blissful. The awareness of the self as a soul changes my way of looking at things immensely, but the consciousness of being a child of God, who is the Mother as well as the Father and seeing others with that vision brings respect and love for myself. Then all these qualities start showing in my actions and interactions as well.

Message for the day

Others experience sweetness when words are filled with the power of truth.

Projection: False sweetness is saying that something is good without having taken the pains to find out what it is i.e., commenting on something superficial. Sweet words are those that are spoken after having understood the reality.

Solution: In order for our words to have an effect on others, we must take time to see if we have really understood the goodness in the other person. Our each comment should be based on the truth that we have discovered in others and we will find others taking benefit from our words.

Peace

To be at peace is to be in our natural state, but only when our consciousness is pure and clean and true. As soon as the pollutants of any negative images are allowed in, or we allow old memories and experiences to disturb us into negative thinking, our purity and therefore our inner peace are gone. It's not the external event or person that takes our peace away - it's because we give them permission to enter and give them life in our minds. Keep your mind and heart free of all pollution, and peace will always be with you.