



### **True Love**

Love is a powerful force. It can take us to great heights and leave us feeling light and airy. Yet it has been the most abused and misused force. Many degraded things pass for love. True love is based on understanding, mutual trust and respect and not simply on transient emotions. Love is being in balance, that is, in harmony with the self, God and each other. Love dwells in the soul. We must allow this love to flow out and around us. Without love, all of life's treasures are locked away from our vision and experiences, for indeed 'love is the key.'

## **Seven Techniques To Let Go Off The Past - cont.**

**Positive Information and Intoxication** - The more we listen or read positive and constructive spiritual knowledge, even if it is for 10 minutes daily, and imbibe (absorb) it, the more our negative memories fade into the background. Also the regular input of knowledge lifts our consciousness to a higher level and gives us an experience of intoxication or spiritual bliss, in which the memory of our past sorrows and negative experiences gets dissolved. Even on a physical level, there are lots of people who indulge in some kind of addiction or intoxication only because it temporarily helps them to overcome and forget the negatives in their life.

**Karma Realization** - Another benefit of spiritual knowledge is that it makes us realize the various shades and details of the Law of Karma and its application in the World Drama, which helps us immensely in letting go of the past and concentrating on our present so that a bright future can be built, irrespective of the quality of the past.

**Self and God Realization** - One of the most important benefits of meditation, an important aspect of spirituality, is that it makes us realize and experience the spiritual self and the Father of the spiritual self, the Supreme Soul, accurately. This is an experience of liberation, in which there is no room for past repentances. Past repentances are more a reflection of excessive attachment to the physical or material or attachment to incorrect emotions related to body-consciousness, remembering the damage caused by it to the self and experiencing sorrow due to the same.

**Connection and Relation** - Also, meditation being a deep connection between me and the Supreme Father, it fills me with immense power and it is also an intense relationship, which fills me with love, happiness and peace. In the experience of these attainments, over a period of time, my past ceases to burden my consciousness.

## Soul Sustenance

### Negative Reactions To Negative Actions

We very commonly react negatively with anger to another person's anger filled words or actions, which we perceive to be unjustified or unreasonable. But **this kind of action on our part, which we feel is our right and is a justified reaction or response, only adds to the negative energy already existing inside a particular situation, increasing the energy and making the situation even more complicated and difficult to resolve.** Two negatives never make a positive, they make a higher negative, to which a very high positive has to be added (as compared to before) to bring the situation back to neutral or normal. Also, when you react, you are doing exactly what you believe the other person, the attacker, is doing – injuring someone on an emotional level, which is a form of subtle violence.

Lastly and very importantly, **the other person's negative and impulsive behavior, directed at you, portrays that at that particular moment he/she is experiencing an emptiness or void of wisdom, joy, peace, love and power, a void which he/she believes you have created and can only be re-filled by you.** The anger filled action is a desire directed towards you, for this filling up. Hidden behind his/her anger is the feeling, "Because of this person, I have lost my happiness at this particular moment and he/she should give it back to me immediately", which means that the other person is lacking the realization that no other person is ever responsible for your happiness. You are, always. Instead of switching on the awareness of this spiritual fact and emerging the value of forgiveness inside yourself, forgiveness because the other person is lacking this wisdom at that moment of time, you react, which makes you similar to him possessing a similar belief, something which you will definitely not appreciate too much. But, what happens is that the emotional storm inside you at that moment hides your ability to see how you are yourself injuring your spiritual heart. While you are in that emotional state, there is no way you can heal the wounds of the other's heart i.e. correct the other person.

## Message for the day

**With benevolent feelings and good wishes we can free people from worrying.**

**Expression:** When we come across someone who is faced with a difficult situation because of which he is worrying, we too usually tend to think about it. Instead of helping the other person to be free from worrying, we too begin to worry. This doesn't help either of us in anyway but only adds to the negativity of the situation.

**Experience:** We need to develop such benevolent feelings for the ones who are going through the situation that the power of our positive feelings will spread to them too. It will act like the light of the lamp, which helps to dispel the darkness around. Only when there is positivity in the mind will they be able to think of some solution.

## The Present Moment

The one who understands the significance of everything that happens is able to make the best of the present moment. Everything depends on the seeds previously planted. When there is this understanding there is no passiveness but there is an ability to take responsibility and better the situation. To understand that everything happens with a cause is able to make the best use of the present moment and the treasures that it holds. Every thing that I do at this moment has importance on what I have to attain. So when I understand this fact, I am never discouraged by the negative results that I get today, nor do I take myself to a great height for the positive things that I get. I remain stable by enjoying what I have and making the best use of it.