



Tatra Mountains, Poland

The Power of Stillness

When we quieten the chatter in our mind, we can find a clear, pure stillness. This stillness contains the power to create harmony in all relationships and the sweetness to sustain them.

Carrying Forward Of Special Talents

Everything that an individual does i.e. a soul does using the medium of the physical body is registered in the soul as a *sanskara*. *Sanskaras*, therefore, are the foundation of our present personalities and all our special talents and inclinations. There have been many famous personalities including artists, musicians, engineers, sportsmen, etc. who, before attaining phenomenal success in their respective fields, displayed amazing talents related to their respective field at a very young age. When and where could they have mastered these talents so well? It's obvious that **amazing masteries at a very young age are not inherited from our parents. These talents have been developed and brought into practice in previous births, as a result of which *sanskaras* of the talents are created inside the soul. These *sanskaras* are then carried into the next births, and are brought into actions in the new births.**

A more common day-to-day example is the following: A child is born into a family of doctors where, from the beginning, all efforts are made to mould and prepare him to become a doctor, according to family tradition. However, from an early age, the child shows strong tendencies to become an actor, starts to take part extensively in theatre activities at school and the talent starts manifesting itself. This example demonstrates that the characteristics a soul carries from previous experiences of previous births will take it in a specific direction despite attempts made by the family on the contrary. So in short, **genius is experience. Some think that it's a gift or talent, but it is the fruit of long experience of many lives.** Some are older souls than others i.e. they have been present on the world stage since a longer period of time and have covered a journey of more number of births and so know more. This kind of unlimited, broad vision of life provides us answers to many questions.

Soul Sustenance

Letting Go Of the Strings (Meditation)

I sit down comfortably and I begin to relax my body taking advantage of the relaxed rhythm of my breathing... I feel my calmed breathing...

I listen to the sounds of the space and objects that surround me... In this moment I decide to separate (detach) my attention from them... The world follows its rhythm, its movement, but I do not need to involve myself in it...

I let go of the strings that pull my mind, the strings that pull my intellect... I let go of the strings of my responsibilities... I let go of the strings of my relationships... I let go of the strings of the different roles that I play throughout the day... This moment is only for me, to be in my own company... I concentrate all my attention, all my energy, gently, without forcing, on a point at the centre of my forehead... The energy concentrates itself. I have let go of the strings that tie me down... From that place I can experience true freedom...

I free myself of any limited awareness of myself... I free myself of any label of myself... I go beyond my limited roles, beyond this physical world...

I am a spiritual being; I am a point of light, a spark of spiritual energy; aware, calm and loving... I feel the true freedom of experiencing my authentic identity and genuine... I don't have to prove anything; simply be what I am in a natural way... A peaceful and living being... From this state of being I prepare myself to enter into action. I listen again to the sounds of my surroundings, aware that I choose at each moment what it is that is going to influence me and how I am going to respond...

Message for the day

To sow the seeds of pure feelings constantly is to experience positive fruit.

Projection: When one's feelings are constantly positive and pure, there is no expectation of the fruit to emerge immediately. Even if others are not able to respond to the positivity or if situations are not according to my expectations, there is still the feeling of giving. So there is this positivity expressed through the vibrations spread around and in every word and action.

Solution: The more I am able to have pure feelings for those around me, the more is the positivity that emerges from within. Because of having discovered the positivity within, I am able to give unconditionally. So I experience the immediate fruit of what I have given and also accumulate for the future, and continue to enjoy multifold fruit of what I give.

Life is a Game

Life is a game of forgetting and remembering. You are losing the game when you forget who you are and what you are doing here and when you remember the false things of the past and what they did to you. You are winning the game when you:

- (1) remember your true identity of peace
- (2) remember the One who is always peaceful and has unconditional love for you
- (3) forget the troubles of the past and move forward with the lessons learned.

Now observe what you remember during the day and what you forget during the day. Forget the past. It is gone. Don't worry about the future. You do not know it. Learn to live in the present and discover how full it is of peaceful moments.

