



Virtues and Specialties

If I listen to even the slightest defamation of anyone, I lose some spirituality. I lose some value if I start interacting on the basis of what I have heard about them. Let me see only virtues and specialties.

Experiencing A Spiritual Lifestyle Without Renouncing Society

A good meditator is one who has a mental link or union with the internal self and the Supreme Soul or God who is the source of all goodness. This, along with an understanding of the laws of action or the laws of *karma*, which govern the behavior of souls, means that one does not have to renounce or leave society in order to achieve enlightenment. Rather, the soul filled with spiritual illumination faces society directly with understanding and the generosity to serve it and to elevate (improve) it.

The soul becomes elevated not by the renunciation of responsibilities or worldly duties but by a renunciation of the negativity that exists within the role being played by it in society. A good meditator does not try to escape social obligations (duties) but rather purifies those duties by becoming filled with light, love, peace and happiness. The stage of self-awareness and God-communication injects a subtle richness into one's life-patterns.

There are those who believe that the elevated state is beyond society and its duties. They find a quiet spot in the jungle or an *ashram* and contemplate (think about) deeper things. There are others who are stuck in the quicksand of their problems, and believe that those who leave society and take up a spiritual lifestyle are saints. However, holiness and virtue are qualities attained in one's life situations, not in running away from them. The elevated state is not merely a matter of elevated thoughts (which can be experienced in a *sanyas*), but elevated actions also, for the benefit of the self and the world. We are what we do and not so much what we imagine ourselves to be.

Soul Sustenance

Overcoming Fears Connected With Negative Past Experiences

Some of our fears arise due to the situations we have lived through; for example, if you are driving a car and you have an accident. Then you take some time to drive again, because the memory of the accident awakens the fear of having another one or reliving the one you had. The person that has never had a car accident gets in the car with confidence, because they do not have that scene recorded, since they haven't lived through it.

There are fears that we carry within us that are not of the present. Something happened to us in the dark and we are now afraid of the dark. Fears in relationships: you opened your heart, you fell in love and, after a time, you experienced pain, you felt hurt, misunderstood, manipulated, deceived or mistreated, and now you no longer open your heart for anything; it is closed off with the shields that you yourself have created. To overcome this kind of fear due to experiences you have lived through, you have to come to terms with your past and accept it fully. You cannot change your past; lamenting the past doesn't help you; complaining about the past doesn't benefit you. Those shields brought about by fears do not disappear unless you do a deep cleansing. **Begin to heal your experience of the past. Part of the past is healed with forgiveness. Without forgiving, you cannot forget.**

(To be continued tomorrow ...)

Message for the day

To be free from bondage means to be able to fly.

Projection: Sometimes we find that we are not able to progress as much as we should. We also find that we are not able to be light in all circumstances. At such times we might blame the situation and just stop making effort, as we cannot see the real cause for our lack of progress.

Solution: We need to understand that the lack of progress that we are experiencing is not because of the situation itself but because of our own weakness that is like a bondage. When we recognise this fact, we will be able to know the right method to overcome our own weakness so that we will then be able to fly forward.

'To-do list'

When the mind is idle it may wander from one thought to another. If you want to stop your mind thinking unnecessarily, think useful and constructive thoughts.

You're thinking anyway, so you may as well keep the mind busy with the right thoughts.

Make a schedule for your mind. Just like a 'to-do list', create a 'to-think list'!

