



Kalalau Beach, Hawaii

## **Beliefs and Attitudes**

Frequent repetition of the same type of thoughts creates your beliefs and attitudes.

## **Meditation - A Process Of Cleansing, Dialogue And Joining** **(cont.)**

**Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Yesterday we had explained it as a process of joining. Today we throw more light on the same:**

### **Joining (cont.)**

The Supreme Power is the eternal reference point for all creation, whose task is to recharge and cleanse everything. **Being eternally pure and untouched by any trait of selfishness or violence, the Supreme Being is totally benevolent (kind), and through the eternal energies of love and truth is capable of recharging and filling the human soul with all the powers.** Of course, each person chooses their own level of cleanliness, recharging or fullness. That personal choice will determine the resulting powers of love, peace, happiness and truth to be found in the individual.

The Supreme Being is like an eternal point of pure Light that resides in the world of eternal silence, beyond time and matter. Through concentrated thought we can reach this source of love and purity. When our mind is **synchronized** it takes just a second to establish communication. When we reach this place of eternal silence, the world of silent light, we focus our loving attention on the Supreme Being. If our focus is deeply concentrated we can feel the self is filled with the purest peace and love, something we have never felt before in our lives. This is yoga: rejoining the self with the Supreme Being and, in this union, we once again recall all the things of value that had been hidden. So **yoga means remembering: remembering the original self, the original and eternal relationship with the Supreme Being and remembering, through experience, the true meaning of love, peace and happiness** (as a result of the connection with the Supreme).

## Soul Sustenance

### The Senses in Balance

Our five senses are windows, which open out to the world through which energy flows in two directions. The senses receive impressions and information from the world, and at the same time transmit our personalities to others. Our eyes receive a constant stream of visual messages, but we may also use the eyes to show how we feel. Through our ears we hear the sounds of life; while by "lending an ear" to others we give comfort to them. Touch allows us to experience texture; but can also transmit love and assurance. Our senses are not merely instruments, but deep-rooted aspects of the self or the soul.

In India, the senses of the body (eyes, ears, nose, tongue and hands) are beautifully depicted in the form of a chariot. The self or the soul is the charioteer (controller of the chariot); the five senses are the five horses. The self keeps the senses harmoniously (peacefully) working together, controlling their tendency to go out of control.

### Message for the day

**The one who has faith is always carefree.**

**Projection:** When things go wrong we tend to worry a lot. Many waste questions come up in our mind troubling us throughout the difficult time. We are not able to be free from these kind of waste thoughts and tend to feel heavy.

**Solution:** The way to be light at all times is to develop the faith that things will work out fine. Even during the difficult situation we need to maintain the faith that there will be something good that will emerge from the situation. This will enable us to be light even during the most difficult situation.

## **Adjustment**

Normally when we have to adjust with a person or a situation, we tend to experience a lot of negative thoughts. We find it difficult to adjust and we experience defeat each time we have to make an adjustment. We tend to feel that we are making this adjustment for the benefit of the other person. We do manage to adjust but not with lightness. To adjust means to understand that nothing can be done to change the situation so it is more sensible to accept it. So, we are actually adjusting not because it is going to benefit others, but because we are to be benefited. This is like crossing over a physical obstacle that comes our way, which we cannot remove. To move forward with lightness in all situations, we need to have the practice of looking at the positive aspect in everything and everyone.