



### **Stillness**

Journey into the stillness of your inner being. Here, in the shade of your true self you will find true comfort and true support.

## Thoughts

Most of us think far too much - somewhere around and in fact more than 40,000 thoughts a day on average! Why is that too much? Because most of our thoughts are based on insecurity and worry about uncertain futures. In fact, most thinking is really worry, which we wrongly think is care; anxiety, which we wrongly think is concern. Thinking does not give us the strength we need to live a calmer, more fulfilling life. It drains our energy and hinders the access we need to our own inner spiritual wisdom. Thinking can easily be an inner noise that drowns out the voice of our heart. When we say, "I just need to think about that"; we really mean "I'm not sure"; which means there is doubt, and doubt is one of those habits, which turns into worry and anxiety, and all they do is subtly drain our energy.

## Understanding Fear

Everyone, when they are young, knows what their destiny is. At that point in their lives, everything is clear and everything is possible. They are not afraid to dream, and to wish for everything they would like to see happen to them in their lives. But, as time passes, a mysterious force begins to convince them that it will be impossible for them to realize their destiny... There is only one thing that makes a dream impossible to achieve: the fear of failure.

Fear is an energy that puts a brake on you and prevents you from doing what you want and aiming where you want to go. It blocks you in the communication and expression of what you want to say. Fear makes you hide, suppress and not express the most attractive; the most beautiful part of your inner self.

Fear has an influence on our capacity to reason, discriminate and take decisions. It makes us doubt, it makes us indecisive even in the simplest decisions of our lives. Fear does not allow your energy to flow, and that weakens your state of wellbeing and general health. Fear locks you into

yourself and makes you become indecisive. It is a shadow over your inner self that prevents you from acting with ease and fluidity. It reduces your capacity of expression, of being yourself, of dealing with life and flowing in it.

## **Soul Sustenance**

### **Overcoming Fears Connected With Negative Past Experiences (cont.)**

The work with oneself to see what aspects of your past burden you and coming to terms with those aspects, requires silence, reflection and meditation. When you come to terms with your own past, you can let go of it and be free of it, not be afraid that the past will come back to you. If not, sometimes, it is like a shadow that follows you. If your house was robbed once, the shadow follows you that, perhaps, you might be robbed again. If they hurt you, you fear it will happen again. Sometimes that experience presents itself in dreams, in the subconscious or in present attitudes. Reliving the past in your mind, you do not fully enjoy the present. **You have to accept the pieces of your past so that they do not continue to generate upsets.** Accept that you had to live through them and live the present with a constructive vision of the future.

In the above context, **it helps to write letters to God about your experiences. The exercise of sharing them with God in writing brings clarity inside you and helps you to bring the spiritual light and might in your life in order not to be burdened by unnecessary experiences, unhappiness or grief.** Have you ever written to God? You could do it at night and tell Him the things that affected you or that you have learned. You can tell Him the things or intimate feelings that other people perhaps wouldn't understand or wouldn't be there to listen to. You could also talk to Him about all that you question, and you do not have an answer to. And the following morning, when you meditate and study a little bit of spiritual knowledge, you often receive answers.

## Message for the day

**To be clean means to be a success.**

**Projection:** We usually interact with others based on our past experiences with them. Even if there has been a single negative experience with someone, we keep that in our mind and all our responses are based on that experience. We are, then, not able to be fully successful in our relationships.

**Solution:** In order to succeed in our relationships we need to keep our mind free from the experiences of the past. We can do this when we look at the uniqueness and speciality of each individual that we come into contact with. This practice makes us respect all and be free from the negativity of the past.