



### **Good Feelings**

Good feelings for others are like ointments that heal wounds and re-establish friendships and relationships. Good feelings are generated in the mind, are transmitted through your attitude and are reflected in your eyes and smile. Smiling opens the heart and a glance can make miracles happen.

## Ego

Ego is one of those vices which some would class as 'good to have'; it allows one to be 'positioned' and 'noticed', and 'respected' even.

However the thing with ego, specifically subtle forms of ego, is that it sits you on a false seat. Then when the truth reveals itself, which it will, there will be realisation and pain. And also the shame of knowing that everyone but you always knew.

Unlike any other vice, ego cripples the intellect's ability to discern. Ego adopts a form based on a speciality - on whatever is good within the self - and so disguises itself in that. It attracts the soul and it deludes it so that it is difficult for the self to recognise that this is ego.

Like salt mixed in sugar, it is not obvious and not everyone would know. However the moment it is tasted and experienced the truth is revealed. Its character and taste cannot remain hidden and salt can never be sweet! Everyone will be able to taste it except you. For the self it is something that has to be realised.

Watch out for that attractive form of ego!

## **Imbibing Or Absorbing Spiritual Knowledge**

The first step into experience, particularly the meditation experience, is knowledge. What does it mean to 'know'? Knowing involves four steps, which ultimately give the meditator the experience of realization:

The first step of knowing is information. With information, our intellect opens to new ideas and opinions.

The second step of knowing is knowledge, when we begin to reflect and think on the ideas and views that we have listened to. At this point, we often have to select only a few of the ideas we have heard, as it is not always possible to reflect (think) on all the information that is fed to us. In order to deepen our understanding, we reflect on the information and sometimes discuss our findings and thoughts with others.

The third step of knowing is when we move from thinking to doing, that is, from knowledge to wisdom. Wisdom is gained when we commit ourselves to 'doing'. Knowledge translated into our everyday behaviour is called wisdom, which, in turn, is called quality life. A life of quality is where personal values are not only realised but also lived and experienced through our practical actions.

Doing, or practice, naturally brings us to the fourth and final step of knowing, which is called truth.

## Soul Sustenance

### Stepping Inside ...

**One aspect of meditation is that it teaches us to face life from the inside.**

It takes us to that point of stillness where we find the strength to change and heal the inner self. In that silence, we are able to find perspective and insight. In a deep state of introspection, we clearly observe our thoughts, seeing our true motives and intentions behind our words and actions; when we understand that our intentions are perhaps not quite right, then we are in a position to say to ourselves, 'Hold on a minute!' When we use silence to check our thoughts at that level, then we begin to realize that many of the things we are thinking about are not really worth thinking about. At this point, we become spiritually economical, which in fact leads us to becoming very generous. A lot of precious energy is lost, both mentally and emotionally, on wasteful and negative thinking. Ninety-five percent of our time is wasted on thinking about others; we go on and on with a string of expectations from others, which becomes like a hammer of demand on other people's heads. **Take a combination of expectations and demand, and what does it equal? Conflict!**

**When we learn to become silent and to reflect on our inner self, we start feeling satisfied with what we find inside, expectations from others gradually come down and there is a deep sense of contentment.**

(To be continued tomorrow ...)

## Message for the day

**The one who is a special flower keeps spreading the fragrance of virtues.**

**Projection:** Being in situations that are not always positive it seems very difficult for us to be positive. As is our environment and the situations, we find, so are our own responses, too. That is, we find ourselves reacting negatively in a negative situation and positively in a positive situation.

**Solution:** We need to remind ourselves that we are a special flower with our own specialities. The more we remind ourselves of these specialities, the more we are able to spread the sweetness of this fragrance to all - whatever the situations may be.