



Your Imagination

Do you let your imagination run wild and create worse-case scenarios?

Imagining the worst strengthens the possibility of creating the very situation you do not want. Instead, why not increase the possibility of creating the best!

Harness your imagination and create best-case scenarios.

Quality Transformation

Quality change is the capacity to transform negative situations, or circumstances, into something beneficial for one's self and others. 'Quality transformers' are people who can turn walls of resistance into bridges of understanding and keep crossing them, who can change any obstacle into a stepping stone of success and can reverse the troubling, paralyzing dragon of doubt and insecurity into radiant self-confidence, dissolving the thought impossible from the mind.

Such people work with the undercurrents of life that determine the external reality, of human interaction. These undercurrents are their attitudes, thoughts and feelings. If these undercurrents are filled with resentment, anger and selfishness, then, despite being polite and cooperative externally with people, relationships will be subject to damage and deterioration. On the other hand, when the undercurrent is filled with trust and sincerity, then the quality of life and relationships is enhanced. The fundamental source of quality is the existence of a positive undercurrent. It is not a matter of our words, actions or role (which is the external reality), but rather the foundation, the undercurrent i.e. the thoughts and the activity of the mind.

Meditation enables the mind to tune in to that undercurrent of thoughts, feelings, and attitudes, which is the invisible creator of our human reality. The nourishing power of silence, attained through meditation and spiritual knowledge, gives us the means to bring about quality transformation (change) in this undercurrent. Such change enhances our self-confidence and the capacity to creatively and positively relate to life as it is and face situations easily.

Soul Sustenance

The Power to Co-operate

In India, there is a saying that when everyone gave a finger of co-operation, the mountain of sorrow was lifted. If we look with open eyes at the world of today, and at current social, financial and environmental trends, it's clear that there is widespread suffering and sorrow, that it is likely to get worse, and that to remove this sorrow will be a task like lifting a mountain.

Meditation ignites a conviction inside us that the task will be done.

Although we have such different backgrounds, cultures, personalities, and so on; meditation shapes our personalities in such a way that it becomes easy for us to share our resources, work together, and give our own finger of co-operation in the task.

The way meditation achieves this is interesting. Look at the other side - at what prevents co-operation: it is ego, where I am in a state of self-glorification, hungry for personal praise or fame, and not concerned about the wellbeing of the team. In ego, I think I am the only one who knows, the one who is right. Ego kills co-operation. Ego is closely connected to body-consciousness. An enormous 'I and my' factor comes in when I think of myself as this body, and lose sight of the soul. My race, my color, my gender, my physical appearance, my education, my family, my job, my position, my possessions - all these become part of the build-up of ego. Working with others with co-operation, who may at any moment challenge my ego with their own different agendas and needs, then becomes stressful.

(To be continued tomorrow)

Message for the day

The power of transformation brings all attainments.

Expression: When there is the ability to transform negative into positive, and waste into useful in a second there is the ability to be useful for the self and others. There would not be just complaints against the situation, but the best would be made out of all situations and move on to the aim set out.

Experience: When I am able to use the power of transformation to finish negative and waste, I am able to experience being free from obstacles. So I am able to experience contentment under all circumstances for having made the best use of everything available.

Managing Thoughts

A great number of us wish we weren't forgetful or careless. But interestingly enough, the mind generally forgets normal, routine things but can't get away from contemplating on the past or future (could be my own or others). It's not surprising that my mind finds it hard to remember what I need for today, when it's trying to manage the traffic jam of thoughts pertaining to yesterday and tomorrow. We could argue that the past has many good things to adopt or that we need to plan for the future, but along with that I end up encouraging the past or future to weigh me down. Let me guard my thoughts carefully and not allow any leakage of the mind power.