



Kawachi Fuji Gardens, Japan

## **Real Gentleness**

Real gentleness in a person is a great power. The power that sees, understands, but never interferes. Like the branch of the tree, just touching the earth but never taking root in it. Never to take root in someone else's mind but to help, that's gentleness.

## **The Inner Awakening Wave**

**Our beliefs either put us to sleep or cause us to remain awake.**

Even if we are awake on a physical level, when we are asleep internally, without even realizing most of the time; we don't see others, situations and the world as a whole in their true light. We see, perceive and interpret reality incorrectly, which causes us pain. We perceive any sort of pain on the mental or emotional level to be normal and think that others and circumstances are responsible for the pain.

All this, because of the incorrect beliefs that we carry inside us, the most important one being that we are physical bodies and not spiritual energies or souls. Only when the subtle pain becomes intolerable, do we look for a remedy for the same, or think we have to do something about it. Most of us go through life asleep and hence in pain. **An inner awakening is one in which we realize the incorrect beliefs and are not scared to challenge them. Once we do that, our pain starts receding.** We then very naturally look to wake up others, so that they are relieved from their pain.

The present time in the history of humanity is such that while the sleep of some souls is getting more and more sound and pain increases in the world, on the other hand, an inner awakening wave is taking many souls in its tide as more and more souls are waking up from their deep slumber and waking up others.

**This is the time when late night and early morning exist side by side. It is the same time, but late night for most and early morning, a time of getting up, for a few.** This is happening due to a consciousness shift or shifting of beliefs inside many through spiritual knowledge. Such souls, whose number keeps increasing every day, are experiencing more and more happiness in their lives. Both these groups of souls have similar circumstances and people in their life but the shifting or correction of beliefs inside the second group is causing souls in the group to remain stable amidst these circumstances, free from spiritual pain, depending on how much the shift is.

## Soul Sustenance

### Experiencing Positive Thoughts

Positive thoughts emerge from your values and may be experienced as:

Confidence  
Contentment  
Cooperation  
Enthusiasm  
Generosity  
Happiness  
Harmony  
Honesty  
Hope  
Love  
Mercy  
Peace  
Respect  
Solidarity  
Tolerance  
Trust

Let's look at some examples of positive thoughts (with respect to the above values):

**Happiness:** Happiness raises the spirit of whoever possesses it, and brings out a smile in others.

**Love:** Be as enthusiastic with the success of others as you are with your own.

**Honesty:** If I am honest in all my actions, I will never be afraid.

**Respect:** The only way of receiving respect is to give it first.

**Mercy:** Do not lose hope in those that have lost hope.



## Message for the day

**The one who is simple is the one who is free from pain.**

**Expression:** When we are simple we are able to be free from pain or hurt even in adverse situations. We are able to take benefit from the wealth of experiences accumulated over the past without feeling the pain. With simplicity we know that we need to remember the past only to the extent that we have to learn from it.

**Experience:** When something goes wrong and we find ourselves thinking about it again and again, we need to remind ourselves that all the past experiences are only for us to learn from. The past is finished and we don't have to undergo the sorrow again thinking about the past repeatedly.

## Clearing the Mind

The method to clear the mind of negativity is to fill it with positivity. Whenever we come across waste or negativity in the self because of the situations that we are faced with, we first put in effort to remove it. We do work very hard to do that but most of the times we are not able to do so. We then put in more effort or after a period of time give up trying altogether. The only way to remove negativity is to fill the mind with positivity. Just as fresh water added continuously to dirty water cleanses the water, so also positive thoughts clear the mind of waste and negative thoughts. For this I need to give my mind positive food every day.