



### **Free From Expectations**

To be peaceful is to be free from expectations and to want nothing from anyone. Take the initiative and be generous. Lead the way and do something. This is the secret to being content in all circumstances.

## Inner Power

We do have a lot of thoughts to bring about a change in our lives. But most of the times we find that we are not able to bring this thought into practice. As time passes by the thought too loses its importance and we find ourselves caught up with waste or negative thoughts. We need to keep a chart of our waste and negative thoughts as well as our powerful and positive thoughts. Only when we are consciously aware of how much we are spending through our negative and waste thoughts and how much we are accumulating through our positive and powerful thoughts can we be determined. We also are able to increase our accumulation and thereby increase inner power.

### Discover Your Inner Mentor Or Guide - A Meditation

**If you can become your own mentor (guide), a mentor that you would always have liked to have, then you will experience life as an exciting adventure.** What would happen if you had someone in your life that walked with you each step of your way, loved you unconditionally and supported you without putting conditions, even when you were wrong? What would happen if you felt absolutely safe, secure, cared for and loved? Would you be more willing to accept the challenges that life brings forth in front of you? Would you take on your life with greater responsibility and confidence?

**Your internal mentor is a part of you and is always present, always kind, always loves you, is always there for you.** If you still haven't met it, take a moment to guide yourself through this **meditation exercise**:

1. Relax your body and allow yourself to be fully present, here, reading these words, listening to the sounds around you, feeling what you feel. Read slowly!

2. Now send love to each part of your body: your feet, your lungs, your back, your face, your eyes, your nose, until you feel the love from your feet to your head.

3. Now send love to each thought that appears on the screen of your mind, visualize how your energy is concentrated at the inner part of the centre of your forehead. See the screen of your mind, and try to make each thought that you generate full of the energy of love that is slowly invading you. The energy of love is present in each thought that appears in your mind.

Love what you yourself create: each thought.

4. **By practicing the above exercise, you emerge *sanskars* inside yourself of giving unconditional love and support to your own self. This is a way to awaken your inner mentor.** As you practice spending time with yourself in this way, you will start to see that your insecurity and your fears begin to disappear and new possibilities open up in front of you.

## **Soul Sustenance**

### **The Two Close Companions of Peace (A Meditation)**

Sit comfortably and relax... Remind yourself of your spiritual form as a soul - a point of subtle light (non-physical light), a sparkling star, situated between the two eyebrows... Now visualize your star-like form and emerge the feelings of **peace** looking at this form with your mind's eye...

experience stability and contentment in this inner value of **peace**, peace is your own treasure... Fully let go off all your concerns, tensions and worries and allow all of yourself to become deeply peaceful... Now, feel the vibrations (energy waves) of your peaceful light form radiating outwards into the world... Be aware that the vibration of your peaceful form is like a gift... Consciously transmit this gift of **peace** with the pure desire of calming and relieving the stress and peacelessness of others...

As you radiate the power of your peace into the world, you do so with great **love**... As you give the gift of **peace**, with **love**, you are aware that you are able to serve others, reach out to others, in this invisible but extremely significant way... This awareness brings about a new sense of meaning in

your life and you experience deep feelings of **happiness** within your heart... It is a **happiness** which takes the form of bliss, a bliss or satisfaction experienced as an invisible fruit received in return of unconditional serving... You realize that your peace does not live alone... **True peace is that which is shared with others... it always has with it its closest companions... an experience of love and a feeling of pure happiness...**

Our basic spiritual characteristics of peace, love and happiness are values that can be compared to the primary colors of the soul. While the soul can experience these values, it is only when they are mixed together (to give different shades) that they emerge through our attitudes and behaviors as virtue. Virtuous thoughts, words and actions restore balance and harmony to our inner life and to our external relationships.

### **Message for the day**

**To be strong is to be free from the influence of the body.**

**Expression:** To allow the body to influence the mind is to be doubly ill. The one who allows himself to be doubly ill is not able to deal with the illness of the body. On the other hand, the one who is powerful in the mind is able to maintain the inner strength in spite of the disease and so has the power to put in effort to finish it.

**Experience:** Instead of being conscious of the disease of the body, all I need to do is to maintain the consciousness of being powerful internally. Then I would not be afraid of the disease of the body but will have the courage to deal with it. I am able to see the disease as something temporary and will soon find myself rid of the illness, as I am powerful within.