



## The Secret of Good Health

The secret of good health is good nourishment and exercise. We need daily nourishing food and exercise to maintain a healthy body and it takes care and attention to fulfil this responsibility. Making the effort underlines our value and importance as a human being. However, the human spirit needs the same attention in the form of the thoughts we have and how the mind puts them to use. Feeding both body and mind with nourishing food gives a powerful and consistent message to respect and co-operate with one another. This is holistic good health.

## Going Beyond False Identifications

**The more I identify with the physical factors of my life, the more I become a prisoner to my destiny or the various up and downs of my life.** E.g. if my self-respect is attached to my beautiful new car, how will I feel about myself when the car becomes old and its beauty and shine reduce? Or if my car is stolen or gets immensely damaged in a road accident? Then, I shall find myself in an identity crisis. The same will be true if my business or job is everything to me. If one day, I am in a good financial state and I enjoy a very respectable and dominant position, and the next day I find myself in a dispute in my profession and I suddenly lose all of that, and nobody wants to know me, I will feel as if I have lost my soul and have almost died. The problem is sometimes so great that people do, literally, lose their desire to live. It happens, too, in relationships, when your partner leaves you either due to a separation, a divorce or even death - a partner in whom you have invested all your love and emotions. Or if my identity is tied to my bank balance or property, and suddenly I am broke.

All of these are actually false identifications, and the crazy part of living this way is that I can never be satisfied, even if I succeed in maintaining my false identity. **These kind of false identifications do not keep me placed stably on my seat of self-respect and either bring about an inferiority complex or a superiority complex - both of which are false, so both bring insecurity.** Even while I am externally successful, having my identity based on that success means I am a slave to them. I've handed over my self-esteem to them. I become addicted to it.

## **To experience power I need to experience inner silence.**

During conflicts, there is a tendency to either get very vocal or to become silent. Both really don't work, because just to be silent and not speak anything is not sufficient, but it is more important for the mind to be silent. Otherwise, there would be no power in that. So, I need to work on making my mind silent. So, today let me sit for a minute in silence and practice feeling the stillness within. Let me repeat this practice 3 times at least. If there is chaos within, how can I expect calm and peace outside?

### **Message for the day**

#### **The method to finish a weakness is to be detached from it.**

**Expression:** When there is some weakness working within that has to be overcome, it is very essential for one to get detached from it that means not to identify with the weakness. If there is identification with the weakness, it is further strengthened and there is the inability to get rid of it. Since it is there in the consciousness, it is visible in the words and actions too.

**Experience:** When I am free from the identification with the weakness, I am able to bring about a change very quickly. I find it very easy to stabilize myself in the awareness of my strength and allow that strength to be revealed in all my words and actions. There is no heaviness of the weakness nor is there the feeling of having to give up something, but transformation takes place very easily.