



The soul flies, the body plods. If you identify with your body, you will feel heavy. If you think you are a soul, you will feel light.

## **Breaking Down Patterns Of Negative Thoughts And Feelings**

Having understood that the source of our feelings are our thoughts, we realize that right through our journey in the physical world, in many births, **we have repeatedly built up enormous webs of negative and harmful thoughts and feelings, creating many unnecessary difficulties for us, internally as well as externally.** The habit continues in my present life too. **Meditation helps me to untangle this mess, and break the habit.** It helps me come to terms with what is going on in my own inner world and understand how I create thoughts and feelings, how to take responsibility for them, and how to tap into my original, positive inner resources, which helps me displace negative patterns of thoughts and feelings. So, meditation is not merely a relaxation technique but a powerful tool for a seemingly difficult task of self-transformation.

**To get the positive cycle of thoughts and feelings working in my life, the easiest place to start with is our thoughts.** It's not very difficult to change our thoughts. It just requires attention. And by changing my thoughts, it becomes easy to change my feelings. In meditation, I decide that for a few minutes, each day (it could be as less as 1-2 minutes or as much as 25-30 minutes, depending on the external setting I am in) I am going to set aside negative thoughts which are weak or wasteful, and create pure, positive, powerful thoughts, based on the awareness of my spiritual identity. As I do this, I begin to experience the original resources or treasures of the self. As a result, positive and powerful feelings for the self and others emerge.

**To play a special role in the drama of life is to give happiness to all.**

In the drama of life, if I want to play the role of a hero, I need to be so full that I can give happiness to all I meet. My specialty lies in giving - giving happiness. Everyone is in search of happiness and are unable to find a source to it. But I need to connect within and find the strength and quality within. When I do this, I will be able to give some positive experience to each and everyone I meet. I will also be able to help them connect to their own inner qualities. Today I will make sure that no one goes away from me empty handed. I need to give some positive experience or feeling to them. It could be a point of appreciation towards them or a feeling of courage or support or any other thing that would give them a positive experience. In thought, word or action I need to express something positive.

**Message for the day**

**To be elevated is to perform every task with understanding.**

**Expression:** To understand means to know what to do. So the one who understands and performs the task with this understanding surely performs only elevated tasks. No task is negative, or waste. Nor are actions ordinary, but each and every action is special because there is clear understanding. Others too get inspiration from such actions.

**Experience:** When there is clear understanding of what I have to do, I am able to do what is right. So in this process, I find that there is a lot of time and energy saved and I am able to move forward very easily. I find that I am able to use my speciality in the right way bringing benefit to myself and others.