



Resist Not

Have you ever noticed that resistance leads to persistence? And behind all resistance is self-created fear. The only way to relax and stay relaxed is acceptance. You don't have to agree, or follow, or condone, but acceptance means you begin any interaction with a serenity which invites others to engage with you. And out of engagement comes the satisfaction of creative expression and an enriching relationship. That's relaxation in action!

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Our Thoughts make the World

We are what we think, all that we are arises with our thoughts," said the Buddha, "with our thoughts, we make the world." In other words, you are constantly creating your circumstances by the way you think. It's as if you had a guided missile in your unconscious that relentlessly directs you towards its target, and the target is whatever your thoughts dwell on. Think doom and gloom, and that's what you'll get. Focus on happiness and optimism, and they're already yours. Negative thought frustrate the universal forces that can create a happy, healthy and successful life. They keep our true potential trapped in a mental prison of our own making.

Freedom From The Dependency On The New - cont.

In the market, there always appears the novelty (newness) of the same product wrapped differently. There always seems to be a new soft drink, a new kind of chocolate, but they are really the same products as always. The only thing that changes is the packaging and their image. Some children, whenever they go to the market, want the new kinds of biscuits, pastries, etc. They always want new things that then stay in the fridge.

We encourage this by telling little children that happiness is stimulation, the new is stimulating, and comes from the outside or you get it from the outside. We create an addiction to the new; in this case, to the newness of the packaging. What kind of newness is that!

When, in order to be happy, you need to go shopping, you try to fill yourself with something that isn't you. You try to find wholeness by filling your life with material things. A soul who is spiritually awake knows that they are already complete and they do not need to depend on the purchase of something new regularly for feeling full internally.

The only effort is in remembering and reconnecting with their whole self, their complete self; reconnecting with their inner treasures of spiritual wisdom, virtues and powers.

Soul Sustenance

Overcoming Fears Connected With Negative Past Experiences (cont.)

The work with oneself to see what aspects of your past burden you and coming to terms with those aspects, requires silence, reflection and meditation. When you come to terms with your own past, you can let go of it and be free of it, not be afraid that the past will come back to you. If not, sometimes, it is like a shadow that follows you.

If your house was robbed once, the shadow follows you that, perhaps, you might be robbed again. If they hurt you, you fear it will happen again. Sometimes that experience presents itself in dreams, in the subconscious or in present attitudes. Reliving the past in your mind, you do not fully enjoy the present. **You have to accept the pieces of your past so that they do not continue to generate upsets.** Accept that you had to live through them and live the present with a constructive vision of the future.

In the above context, **it helps to write letters to God about your experiences. The exercise of sharing them with God in writing brings clarity inside you and helps you to bring the spiritual light and might in your life in order not to be burdened by unnecessary experiences, unhappiness or grief.**

Have you ever written to God? You could do it at night and tell Him the things that affected you or that you have learned. You can tell Him the things or intimate feelings that other people perhaps wouldn't understand or wouldn't be there to listen to. You could also talk to Him about all that you question, and you do not have an answer to. And the following morning, when you meditate and study a little bit of spiritual knowledge, you often receive answers.

Message for the day

To be clean means to be a success.

Projection: We usually interact with others based on our past experiences with them. Even if there has been a single negative experience with someone, we keep that in our mind and all our responses are based on that experience. We are, then, not able to be fully successful in our relationships.

Solution: In order to succeed in our relationships we need to keep our mind free from the experiences of the past. We can do this when we look at the uniqueness and speciality of each individual that we come into contact with. This practice makes us respect all and be free from the negativity of the past.