



Sunset in Iceland

## **Courage**

Courage is to take a step forward into an area of difficulty without a solution in mind, but yet feeling that victory is ahead. It is going empty handed, but knowing that God's hand is stretched out to pull you.

## **Consciousness**

Self-consciousness distinguishes you from other animals. It enables you to be aware of your thoughts, feelings and emotions and to understand how they influence your behavior. When your consciousness awakens, you start being truly free because you decide your destiny and take responsibility for your choices.

### **Forms Of Fear In Our Modern Lifestyle**

Fear is a feeling that is generated by the lack of knowledge about a certain situation, place or person. In fear, one feels threatened by something real or imaginary.

Fear often shows itself in our lives in the form of stress, worries and anxiety. Stress is connected with feeling pressure, feeling pushed, forced, to meet deadlines, to do more. Having to produce more and more, and having to be better and better at it, generates tensions and worries that arise in the form of the fear of not being able to achieve those objectives or results on time.

The materialistic values of achieving, obtaining, having, accumulating, and ambitions, competing and wanting to obtain a position, generate a lot of pressure and stress. When we are stressed, generally we are overcharged. We think, talk and react too much. All this affects the mind and body negatively. The worst thing is that it becomes a habit, often uncontrolled, so that the simple habit of stopping and relaxing is not considered a solution. Some even consider it to be a waste of time. You have to do more and more, without stopping.

We have taken on stressful attitudes as part of our daily life. When stress persists, corticoids appear, these are sometimes called the 'fear hormones'. When released continuously, they affect our immune system, increasing the likelihood of cardiovascular complications and the risk of cancer.

## Soul Sustenance

### Making The Journey With The Right Realization

It's so easy to become caught up in my physical role - my name, physical personality and looks; the social setup or family I've been born into, my friend circle, the school I went to, the person I married, the organization in which I work, the various material objects I own or possess. I forget my true identity, the spiritual being, and that it is me, the spirit or soul, who is experiencing life through this physical body and surrounding circumstances.

The physical, human side is essential, but **it's the spirit, the being, the energy, which makes the journey. The physical body is the vehicle through which the journey is made. The people who exist in my life are also energies making their journeys through their respective vehicles.** Looking at myself and others, when I realize who is making the journey and I remember this and maintain this spiritual consciousness throughout the day, I'm able to access spiritual treasures of peace, of power, of love and joy and see the same in others.

It is because of not remaining in this remembrance; I remember and identify with the vehicle and experience my false identity. That is why we find ourselves empty of these treasures today. As a result there is a tremendous increase in interest in meditation throughout the world. Unlike in the past when this interest was seen primarily in the East, today relaxation and meditation is a blooming industry in the Western countries.

The more I become trapped by a materialistic consciousness, and the more I lose contact with my inner self, the less freedom I experience. The search of happiness through the physical senses brings temporary, short-lived gains. **My life lacks depth when the only things I know, realize and feel are related to the loads of information I receive from the physical sense organs,** and I become disconnected from the spiritual dimension.

## Message for the day

**To be responsible for each thought, word and action is to be free from questions.**

**Projection:** When we are faced with challenges we usually put the blame on others or on situations. We justify our thoughts, words and actions. We, then, tell ourselves and others that we have been forced to think that way or say and do such a thing. Such thinking creates a series of questions in our mind about others and situations for which we can never find answers.

**Solution:** We need to recognize the fact that no one or nothing can force us to do something that we do not want to do. Each and everything we do is our own choice and we are responsible for it. When we take up the responsibility in this way, we will not only be free from waste questions and doubts but will also be able to mould our thoughts, words and actions in the right way.