



## Relationships

Who are the thieves of peace? Why is peace lost in relationships? Complaints, guilt and comparisons are the main destroyers of peace. Instead of complaining, share newness. Instead of looking for someone to blame, take responsibility for improving the situation. Instead of comparing yourself to others, value the good that is in them.

## Self-transformation

The process of self-transformation is not a 10-yard dash, but a 150-mile run. Patience and perseverance makes the journey possible. It keeps you cool and calm. So pace yourself.

### Understanding the Birth Rebirth Cycle

The realization of the self as a soul, an eternal (always existing) energy, naturally leads to the following questions:

- \* **Where is the soul before it comes into a physical body?**
- \* **Where does the soul go after it leaves it?**
- \* **What is the purpose of the world drama?**

These are questions that deeply concern human beings, yet until now there isn't 100% conclusive proof of life after death.

The images of "fires of hell" and a heavenly world beyond the clouds are talked about in the world's religions. Yet to the rational and logical minded, the states of living forever tortured in holes of fire (hell) or on the other hand relaxing in complete happiness in a fairy-tale kingdom (heaven), seem far away from the reality of the present.

Most accept that there is some order to the world creation, but viewing our drama through spectacles of body-consciousness it is impossible to see it, as the soul is imprisoned by bodily needs and sensual desires. In body-consciousness the soul is unable to see anything clearly. Only when we are at the point of death does one think about life after death. At funerals, everyone faces the new absence of a loved person, the departure of the personality and the temporary nature of the physical body. Everyone wishes that the person who has died will go to heaven and not to hell.

(To be continued tomorrow ....)

## Soul Sustenance

### Creating A Meditation Space Of Your Own

The first step in your journey towards experiencing your true state of inner peace is finding a place or space in your home where you will practice your meditation regularly, even if it's just an armchair. Always use this chair, this space when you can. In this space, place two or three objects, which represent peace to you. Soft music, soft red light and lighting an incense stick ('agarbatti') can make the atmosphere soothing and relaxing. The walls could be decorated with white curtains to create a peaceful and purifying effect. After using this space for your practice of meditation for a few days, you will experience that the atmosphere of this space has elevated itself to a higher positive level and this will help your practice further.

### Message for the day

#### Trust brings help from others

**Projection:** Many times we find that we are not able to get sufficient help from others. We seem to be struggling all alone. We do expect help from others and might say so in words too, but we find that we are not always able to get full cooperation from others.

**Solution:** We will not get help from others if we expect and demand from others. Instead we need to develop faith in others that they will help. For this we need to develop total respect for each and everyone. It is this respect that will naturally encourage the other person to help us.