

HAPPY HALLOWEEN!!!



Peace

Weapons by themselves are not dangerous; it is the anger within people that is harmful.

Positivity

It is said that the mind can be your best friend or your worst enemy. At every moment we have the opportunity to choose our company: thoughts which bring oxygen to the spirit or those who bring pain. If I am loyal to myself, I will continually strive to go back to my inner core of positivity again and again. I will be patient and loving, and increasingly my mind will reside in this positive inner truth. When I am able to be loving and loyal to myself, I can then help others in this same unconditional manner.

Characteristics Of The World Stage

There are three things that we all have in common;

awareness - of ourselves and others

relationships - the sharing and exchange of energy with others

creativity - the ability to produce thoughts, ideas, concepts and feelings and express them.

The purpose of our life is nothing more than living life itself - to be self-aware (**awareness**), to be creative, to express ourselves to our highest potential (**creativity**) and to exchange the energy of love with those around us (**relationships**). But this cannot happen in the incorporeal, silent home of the soul (commonly called **paramdham** or **shantidham**). These characteristics of life require action, a costume (physical body) through which to express ourselves and a stage on which to act. The physical world provides the stage on which we can move, bring to life, create, relate and express all that is within us. For each of us the possibilities are infinite.

The moment we take birth in a physical form, we are constantly doing one of three things: acting, reacting, or interacting - sometimes all three together.

Soul Sustenance

Experiencing Self-Rule through Meditation

Practicing meditation helps us to reach our goals of self change, because during meditation we link our soul self with the Supreme Energy (God), who fills us with power. The more mentally powerful we become through meditation, the more confident we are with the ability to respect our self more. We become more stable in our own self, we are able to control our reactions a bit better and we wait. We don't suppress the self. Rather, we wait, observe, clarify and then control our reactions (including, of course, our tongue!).

We don't want to be ruled by our negative emotions. We still meet them, acknowledge them, try to understand them and dissolve them. We cannot pretend that they are not there, but we are no longer a slave to them. As we follow our spiritual path more closely, we learn that we don't want to damage ourself, nor do we want to damage others. We become a little more careful. Sometimes we know what is the right thing to do, but still we are not able to control our reactions, or act correctly.

We know, understand, agree but still can't do the right thing. Then we are filled with guilt and regret, having done the wrong thing. We lose our self-respect. What can we do then? Where do we find the strength to change? Spiritual knowledge shows us the way as to what is right and what is wrong and in silence through meditative practice, we are able to find the strength to be able to put this knowledge and our basic values as well as our conscience (inner voice) into practical karma and thus bring about change.

Message for the day

Responsibility is best fulfilled by the one who is detached.

Projection: When one is attached to the task that he is responsible for it leads to worry, doubt and fear. This can have a crippling effect on decision-making and result in difficult situations. On the other hand, the one who is detached is the one who is able to see things clearly and so fulfill all responsibilities with lightness.

Solution: When I have to take up some new responsibility I need to tell myself that I will do my best in fulfilling the responsibility. When I become detached from the result of the task I will find myself doing my best because there are no negative thoughts.