



Mount Roraima is considered as one of the oldest geological formations on Earth, dating back to some two billion years ago in the Precambrian. It is the highest of the Pakaraima chain of tepui plateau in South America. The mountain also serves as the triple border point of Venezuela, Brazil and Guyana.

A Long and Healthy Life

There are three ingredients for a long and healthy life: live with attention but without worry, use time in a worthwhile way, keep your thoughts pure, positive and filled with strength.

Inner Perfection

When there is commitment to make oneself clear and pure from inside, there is the ability to recognize and remove all that is waste and unnecessary. There is honesty and sincerity with oneself and every step is taken to remove all that is not good. When there is the ability to do that, there is an ability also to become a mirror for others to see their own perfection. To keep myself free from negativity means to see my own inner perfection. I am not caught up with my visible negativity, but am able to connect to my inner qualities. I am honest with myself and am able to work for my own inner growth.

Understanding What is Will Power

The expression **will-power** is often used to refer to our ability to put into practice the ideas we know to be for our well-being and to resist actions which are harmful. This is directly related to the soul's intellectual strength. When we speak of weakness or strength in the soul we are referring to the intellect. In the case of a weak soul (one with lower **will-power**) it is almost as if the intellect plays no part in determining which thoughts arise in the mind, but they come as if pushed by the *sanskaras* (mainly in the form of habits) or are triggered by the atmosphere around or the moods of others. On the contrary, a powerful soul (one with higher **will-power**) enjoys the experience of its own choice regardless of external stimuli (influence).

Rajyoga meditation develops the intellect to such an extent that this degree of control is possible. A practitioner of Rajyoga meditation can be in the midst of a situation of intense disturbance, yet remain so unshakeably calm that the inner strength becomes a shelter and inspiration to others lacking in that strength. The weak soul is like a leaf at the mercy of the storm, the strong one, a rock in the face of a rough sea.

Soul Sustenance

The Location And The Form Of The Soul (Part 2)

Whenever I say: I feel something within me, pointing to the heart, obviously it's not something within the chest. The physical heart is just an incredibly sophisticated pump for blood. It can even be transplanted – it does not create feelings! Within the real me, the living and thinking being, the soul (situated inside the brain), there is a centre of emotions, moods and feelings. The sensations that I very obviously feel around the body are due to the total connection that exists between the soul and the body in which it resides. For example, when I am afraid of, say, a dog attacking me, the whole system is activated. From the control centre in the middle of the brain, the soul sends messages out all around the body. Adrenalin is secreted to give extra strength to the muscles (so that one can run). The heart starts to pump faster, the breathing becomes shallower and the palms begin to sweat. While it may seem that all the different organs have their own sensing and feeling systems, the whole operation is so split-second fast that the coordination of sensations and responses by the soul from its own special cockpit in the centre of the brain passes unnoticed – it so seems that the body is creating the sensations and responses, but they are actually coordinated and controlled by the soul. In this way, if I feel something in my heart for or from something or someone, it's really being processed by me, the thinking being, the soul and then reflected in my heart.

(To be continued tomorrow ...)

Message for the day

The best way to change others is to remain peaceful.

Expression: When there is behaviour seen which is not to my liking or approval, there is a tendency to get upset and worked up about it. So immediately, this is brought into words and actions also. Getting agitated or excited doesn't however solve the problem. When there is the ability to remain peaceful, the right solution is found and there is the right response to the problem at hand.

Experience: When I am able to maintain my inner peace under all circumstances and with all people, I am able to use the power of my thoughts to bring about a change in the mind of others too. I find myself discovering the power of my inner potential and am able to use it for my own benefit and that of others.