



Go Deep

Most of us think too much, especially about events and people, local and global, famous and not so famous. When we are always thinking about what is happening on the surface of life, the visible, then it is as if we are living a superficial life. And when two people who both live on the surface meet, the exchange, the conversation, is superficial, sometimes totally bereft of meaning. Often it leaves us totally unsatisfied. And as we share news of our surface observations, we come to know our own superficiality, but we are not strong enough to resist it. Deep down inside there is a voice, a longing, a calling to depth. It's our heart, reminding us to visit, explore and express the depths of ourselves. Everyone has depth but we confuse

the heart with emotion, and forget that emotion is the result of getting too close to events on the surface. So one of our deepest needs, which is to go in deep, is seldom satisfied. Going deep and being deep requires time spent in solitude, some periods of introversion and a conversation with ourselves. We only know what is at the bottom of the ocean by going there, diving deep and switching on a light and looking through the lens of a camera. The results are images of depth. How on earth will we ever see what is in our heart unless we dive deep inside, switch on the light and look. Those who do will tell you it changes everything. What do they see? Simple, only beauty and truth. They are always there, waiting for us to return.; waiting to welcome us and to introduce ourselves to ourself.

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Taming (Conquering) The Mind

In ancient times, the mind was understood to be extremely difficult to control. It was said to be like the wind: you could never catch it, or hold it - it went where it wished and no human being could become its master. In other instances, it was said that the mind was like an elephant: extremely powerful but equally gentle and patient, able to do a lot of work for its master. However, when an elephant turns wild, its gentleness and patience completely disappear and it destroys and damages everything in its path. When the mind is under stress, it resembles a wild elephant; it has no control and cannot be controlled.

Taming the mind is regarded as a great art requiring time, attention, practice and, above all, a sincerity of heart where individuals truly want to change their way of thinking. To relax, to be positive, to be peaceful and kind all require a change in our thought patterns and this can only happen when we look deeply within. However hard they try, other people cannot change us; we must have personal realization and the desire to make changes through our own effort. Permanent and positive change cannot be imposed from outside; it is something that we choose.

Godly Light

Knowing the self and knowing God brings light into the darkness, and brings love back into our lives whereby we can reach out to others. The world will change when we are able to share this Godly light and this endless love. When I know myself I can really meet others. My vision will not be disturbed by our differences but I will recognise the same essence in others.

Soul Sustenance

The Mental Periscope

This is the ability of the intellect to come out, observe, understand and initiate appropriate action and, when necessary, go back inside and be calm and still. This act of taking the thoughts inside is called introspection and in this introspective state the self can re-energize, examine, reflect and refine, or just be completely still - whatever it may wish to do in that state of silence. When the intellect uses its capacity as a periscope, it is able to find a balance between the inside and outside worlds.

Effective meditation means to gather the positive resources of the inner self and then use them in the outer world.

It is important to remain neither too much inside, nor too much outside, but constantly to create a balance between the inner and outer realities. Meditation resembles the cyclic path of energy: going from the inside out and then from the outside in, gathering information, or experiences that we need to reflect on, or understand better. On other occasions, it may be a question of recharging our minds with positivity and peace: we go inside and, with the practice of silence, the battery becomes re-energized.

Message for the day

To consider oneself an instrument of God is to be light.

Expression: To be an instrument of God means to allow God's qualities to flow through one's life. It means to be available for God's task to happen. The ones who considers himself to be an instrument neither has ego of the work that is done through him nor has he any difficulty in dealing with situations. He is able to do everything well and with ease.

Experience: When I am an instrument of God, I am able to remain light even while being responsible. Being an instrument I would naturally consider myself responsible for God's task to be done through me. Also since I am God's instrument, I feel the responsibility of making myself more and more beautiful.