



Clearest water in the world, Cayo Coco beach

Honesty & Clarity

Honesty does not mean simply speaking your mind. Honesty means to be very clear about everything going on inside you. Where there is honesty, feelings become pure and clean. Honesty is where there are no other thoughts or feelings inside, other than those that God himself would have. Such clarity is reflected in your words; they will be filled with the power of truth, and spoken with ease and without hesitation. The genuine honesty cultivated within you is what will reach out and touch others.

Taming 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.

Thoughts As Energy

Just as the physical atmosphere is the result of climatic conditions and air quality, there is a subtle (non-physical) atmosphere which cannot be seen, heard or measured but can be experienced and influenced by the mind and analyzed by the intellect. It is variously described as the prevailing mood, the vibration and so on. What is the cause of this non-physical atmosphere, these vibrations?

Thought has been proven to be a powerful yet non-physical energy, which can influence other souls and matter. Thoughts, emotions, desires and moods generate a field around the soul, just like an electric field, can be called positive, negative or neutral, depending on the quality of its effect on other souls and on matter. When a large number of souls are all experiencing positive thoughts, feelings and emotions, then the atmosphere becomes charged with positivity. When they are experiencing negative emotions, the opposite happens.

Soul Sustenance

Comparing Atom And Atma (cont.)

The human body is also a complex pattern of physical energies. Atomic particles build together to form the organic structures and inorganic minerals which perform the body's chemical interactions, thus forming the basis of the hormonal and nervous control of the body. What we see as old or young, ugly or beautiful, male or female, is also the effect of these differing levels of physical energies between neighboring atoms. However marvelous a machine the body may be, it is the presence of the soul which makes it function.

One of the basic differences between souls and atoms is that while souls can exercise choice of their movements, where and when to go somewhere, atoms cannot obviously exercise such choice. In a way you could say that a soul is a point-source of spiritual energy that has awareness of its own existence. Atoms do not.

Message for the day

Problems can be solved when there is the faith that every problem has a solution.

Projection: When faced with a problem, there's a lot of thinking that goes into it. We sometimes end up only worrying about the problem thinking that we are trying to find a solution. But worrying never brings any solution. We only end up getting disheartened and give up trying. What then remains is just the problem and a lot of waste thoughts.

Solution: Instead of worrying about the problem and wasting time, it's important to work for the solution to the best of our ability with the faith that the solution will be found. Even if we are not able to find a solution at that time, it is important to have the faith that it will be found. Only then will we be able to relieve ourselves from worrying.