



### **Hear No Evil**

Don't engage yourself in thinking about others because of jealousy. If anyone tells you wrong things about others, then hear but don't hear. Don't speak about such things and spoil the hearts of others. Hear no evil, see no evil, speak no evil, think no evil and do no evil.

## **Practical Positive Response Training To The Mind**

**Meditation is a process in which I train the mind to consciously create those right type of thoughts that I wish to have, inside my mind, regularly in my daily routine.** On the field of action, I am faced with various different types of negative and uncomfortable situations, which have the first and most immediate effect on my thoughts, before showing on my face in my expressions or in my words or actions. I do realize inside, that the thoughts (and as a result my physical response) created at these times are not the right ones. **I want to inculcate a habit, whereby my thought patterns are only which I like or are the right, positive and powerful ones no matter what happens.**

So where do I start? Meditation is the start. Meditation is the time, when I consciously create positive thoughts. What benefit do I achieve from that? In these few moments, I am changing the deep and very old habit (not limited only to this birth) of creating the wrong type of thoughts, whenever I am faced with a situation which I do not like. How do I do this? I do this through the intellect. The intellect takes hold of the reins of the mind and chooses the direction in which it will travel. Why is it able to do this? Because, **during meditation, I bring myself back to the knowledge or belief that I am a soul and my intellect accepts and absorbs this awareness. This belief then becomes the key to taking charge of what is going on in my mind.**

(To be continued tomorrow ...)

## Soul Sustenance

### The Journey Of Purpose

All of us, at some point of time, in fact almost right through our life, keep different types of long term or short term goals - personal goals, professional, financial, social, relationship goals; goals related to physical well being and health, spiritual goals etc. Sometimes we are not even aware ourselves, but we are passing through the journey of life with some purpose or the other at all times, the purpose may be a higher purpose or something connected to our day-to-day living.

Whatever actions we perform then, our aimed at fulfilling this purpose. Also these actions are full of lots of expectations, the expectations of achieving some results. These results which we desire or expect arrive at times and sometimes they don't. If they don't, which is a very common aspect of any such journey of purpose; they generate emotions of worry inside us. Even if the results are achieved, the nature of journey, prior to those results is stressful as compared to a journey which is purpose filled but expectation free, which some might argue is not possible. Worry and stress not only harm the spiritual and emotional self but even our physical body and relationships, making the journey difficult and tiring. **It is not incorrect to be action oriented and having some clear objectives in progressing towards our purpose, but we need to be capable of aiming ourselves at our dreams without becoming date conscious and the expectation of them being fulfilled now, or on a specific date, in a particular way or form.** If not, we live in a tomorrow consciousness and tend to get upset or discouraged easily and we don't enjoy today. It is not incorrect to be happy when we achieve something, but if our happiness is dependent on our achievements, we will always delay it. Happiness is not later, it is always now. It is commonly said - 'Happiness is a journey, not a destination'. Here we say – 'Happiness is not only in reaching your purpose, your destination, but also in the journey of purpose'. Also, it's important to note that **a carefree and detached intellect will always attract positive circumstances which serve as bridges in reaching one's purpose, much more, as compared to a worried intellect.**

## Message for the day

**To be free from attachment of one's own qualities is to have the ability to work on the self.**

**Expression:** The main form of attachment of the self is the attachment to both one's own specialities and weaknesses. When there is the ability to free oneself from this kind of attachment there is the ability to work on both. There is the awareness of them, but not bound by them. There is the ability to use specialities with love and according to the need. There is also special attention given to finish weaknesses.

**Experience:** When I am free from attachment, I am aware of them, but there is neither arrogance of the specialities nor any inferior feelings for the presence of the negativity within me. I am able to experience detachment from them and able to use my specialities with ease. I am not disturbed with the presence of the weaknesses but am able to win over them with ease.

## God's Love

The world is trapped in the mire of barriers (politics, language, caste, gender) and this has distanced us from each other, and from what we require for wholesome existence: love, respect, understanding, and freedom. We are scared to love for fear of being taken for granted but God's love is very liberating, since God's vision surpasses all physical and imposed barriers: every soul is seen for what it is and what it is capable of; no one is condemned for their past; no expectations are kept nor requests for anything in return but yet God does know the value of His love. God has the faith that love and blessings will transform negativity in His children eventually. True love and good wishes for another soul is the seed that shall bear fruit in time. God says, you cannot love Me completely if you dislike any of My children because God cannot reside in a heart filled with hateful feelings.