



The Wagah **border** closing 'lowering of the flags' **ceremony** or The Beating Retreat **ceremony** is a daily military practice that the security forces of **India** (**Border Security Force**) and **Pakistan** (**Pakistan Rangers**) have jointly followed ...

<https://www.youtube.com/watch?v=ATKc65y70hQ>

Face Up To Your Weaknesses

For every weakness, every shortcoming in you, you have an opposing strength. Never run from your weaknesses. Be a warrior and face them with strength.

Mold like Gold

We find ourselves getting very easily influenced with the negativity outside. Every incident and interaction has an impact on us, specially the negative ones. To get influenced is to take in lot of impurity from outside. This is like mixing alloy in gold and when we are coloured with the negativity within, we are not able to get molded easily. We need to keep ourselves free from the negativity that comes from situations and people. For this we need to develop our own inner positivity. It is like building a strong defense system from inside to protect a fort from being attacked. When we are able to maintain our own inner purity and positivity, we find ourselves becoming moldable.

Switching On The Consciousness Of The Soul To Experience Peace

During the initial stages of meditation many wasteful thoughts do come. This is due to the soul's old habit, since many births, of thinking aimlessly. The mind has been attracted or repelled by everything and everyone. The soul has been pushed around from waves of one experience into another, exposed to different scenes. So, after such a long journey, in the present moment, it finds itself stuck in negative cycles of worry, doubt and confusion, which it must break by recharging itself with its own original characteristics of peace, purity, love and joy. **Meditation is this recharging process with which we channel good, constructive and positive thought energy into our moods.**

I must make sure the engines of my senses are not burning up the vital fuel of inner peace. The soul does not grow or diminish but only experiences change in its happiness or unhappiness, peace or peacelessness etc. The very word **peaceless** suggests that I was at some stage peaceful. I now know that I had peace in the soul world. I can see how peace is the real *oxygen* for the soul. When I do not have it, I choke and become spiritually breathless and look for it everywhere. I am a soul and I have my own inner store of peace from which I can draw at any time. I do not need to practice complicated breathing exercises or difficult physical postures for the same. **I can experience peace by switching 'on' the conscious of the soul wherever I am, driving, cooking at home or when busy at work.** Thus meditation is a continuing experience rather than a static one.

Soul Sustenance

Temporary And Permanent Sources Of Peace

It's a common notion (idea) to think of peace as being closely related to the beauty of nature - the play of waves on a beach, the blowing of wind through a forest, the soaring and swooping of gulls; in short, anything away from the rush and hurry of the city. Alternatively we associate peace with some physical form of relaxation like headphones plugged into soothing music, a hot bath after a hard day, a brisk walk in the park, etc. In meditation we realize peace to be our very essence (nature); we realize very quickly, trying to extract peace from the world around us or even from some physical sensations in our own bodies gives us only a temporary experience of it.

Once we start meditating, we start to see physical relaxation as an escape from tension and not a solution for it; and the beautiful scenes of nature now no longer as sources radiating permanent peace. But in fact it is their mere absence of conflict, their harmony of colours, forms and sounds which appeal to us. There is something in each of us which cries out to be free from conflict. We discover that "small voice" or need is only our true nature demanding to be recognized. We realize that neither the body nor nature can give the peace that the soul was longing for, but it has to be tapped from within. Having found it, it remains constant, whether in the city or countryside, in comfort or discomfort. In the midst of noise and confusion, peace is really our own.

Message for the day

Creating quality thoughts brings happiness and lightness.

Projection: When there is quality thinking, thoughts are not many, but each thought is special. Quality thoughts are reflected in quality words and quality actions. They reduce tiredness and carelessness as thoughts are fewer in quantity.

Solution: When I have good quality thoughts, I experience sweetness, happiness and self-respect. I am able to recognize my own greatness and move forward with lightness under all circumstances.