



### **Detached Observer**

Peace ends when you are emotionally involved in a situation. The practice of being a detached observer helps you stay stable and calm. It is the best way to approach a decision in any circumstance.

## **Do with love**

When we start with something new, we usually achieve success for sometime, but we do not experience long lasting success. This is because we only did the task on being told or being forced by the situation. External force makes us use resources with commitment for sometime only. Love brings constant success because once we've experienced the joy of doing the task itself, we'll never give it up. Because we have love for the task, we'll put in all our resources and do our best. So we'll experience constant success.

## **Practical Ways of Changing Old Habits or Beliefs (cont.)**

### **Conscious Disassociation**

A useful method for transforming habits is that of conscious disassociation. This involves avoiding the situations that give rise to the habit occurring automatically. For example, if you often smoke after a coffee, you have to make sure there is no coffee. By breaking your habit, you will be less likely to have a craving to smoke. Instead of your habitual coffee, you can create a new pattern and have a cup of herbal tea and sit down to think or read, instead of smoking.

### **Rajyoga Meditation**

Rajyoga meditation is an efficient method for transforming habits. By connecting with the Supreme Soul (who is the purest conscient energy) in the incorporeal (non-physical) world of divine light, which is called *paramdham* or *shantidham*, the soul purifies itself and one experiences a natural disinclination from negative habits that we have been trapped in for a long time.

(To be continued tomorrow .....

## Soul Sustenance

### Meditation And Health

The soul has seven original positive qualities - peace, joy, love, bliss, wisdom, purity and power. In meditation, we create an awareness of ourselves as a soul, which leads to an experience of these qualities. The non-physical soul is closely connected with each cell of the physical body. These qualities of the soul flow as spiritual energy to each cell and nourish them. The mind acts as a sieve (mesh) between this spiritual energy and the body. When the mind creates negative thoughts, the sieve of the mind gets blocked thereby blocking the flow of this spiritual energy to the cells, which leads to disease in a particular organ. Also, as a result of a negative mind set, the immune system gets damaged which attracts toxins, viruses, bacteria, etc. towards cells of the diseased organ, which contributes to the development and worsening of the disease further. Positive thoughts have the reverse effect i.e. an increase in the flow of spiritual energy to the cells of the body and strengthening of the immune system, both of which have a beneficial effect on the body.

### Message for the day

#### Freedom means accepting the rules of freedom.

**Projection:** The one who wants freedom naturally accepts the rules that go untold. He is willing to take responsibility for all his decisions and choices. Such a person will never blame others but try to check his own mistakes.

**Solution:** When I take decisions with freedom and take responsibility for them, I am able to learn from anything that goes wrong. I'll feel light and free yet with a base from where I can work. Thus I find myself experiencing constant progress.