



Talking to the Self

When you talk to yourself in your mind, which self do you address? And how? Usually people do not talk to their divinity, but to the most superficial aspects of their everyday personality. And often it is a stream of fears, complaints and mindless repetition of old things. If we talked that way to another human being, we would have to apologize. Learning to talk properly to the self is a spiritual endeavor. Thoughts from the past and worries about the future do not create good conversation. Instead learn to talk to your mind as if it were a child. Talk to it with love. If you just force a child to sit down, he won't. A good mother knows how to prompt her child into doing what she wants. Be a good mother to your mind, teach it good, positive thoughts so that when you tell it to sit quietly, it will. Love your mind. Stay happy.

Crossing Negative Circumstances Or Situations

There are periods of life in which it seems to us that there is someone or something who gets in the way of our path. Circumstances, instead of going in our favor, go against us. They are barriers that make it difficult for us to reach our objectives; they are interruptions that prevent us from feeling satisfied; they are situations that seem to reduce our feelings of success. When we find ourselves with these scenes that appear to block our progress towards the aims and objectives that we have set out for ourselves, we tend to have negative thoughts; we feel anger and rage, or we feel sad and unenthusiastic, as if we don't have the strength to either overcome or transform the situation. Rather it is the situation that overcomes or overpowers us and leaves us exhausted. Some people are not prepared for this to happen and put all their strength into fighting the situation. They do so with feelings of anger, revenge and injustice. Often it becomes a process that wastes their energies and leaves them exhausted, without achieving a true solution.

It is possible to live through situations without them causing such an emotional energy loss. That does not mean that we become cold and insensitive to what happens around us. **It is a question of living through situations without drowning into them. If we drown ourselves in them we won't be able to help others or ourselves.** We will be lost, like the shipwrecked, at the mercy of the waves, the tides and the winds. We will have lost the control of the steering wheel of our ship - our life.

(To be continued tomorrow ...)

Soul Sustenance

From Knowledge To Experience - Part 2

The same mechanism of the pole-vaulter which was explained yesterday is involved when a person wishes to attain realization of the self and an experience of a higher state of consciousness. To experience realization, we have to run some distance, collecting the necessary information. Then we use the **pole of knowledge and wisdom** to lift us off the ground of ordinary consciousness. But, we must then let go of the very pole of knowledge that we used to elevate our minds and take **a jump of faith**, flying over the barrier of 'ordinary consciousness' to experience a new and higher level of consciousness. **If there is no faith, then there is not enough trust to let go of the pole and jump.**

Many people do not let go of the pole of knowledge and, as a result, fall (like the pole vaulter) into the spinning of speculation and the habit of analysis and discussion – they are unable to **experience** spiritual consciousness. The pull of the ego, which does not let them have faith, draws the consciousness back to the ground. The irony is that they think they have jumped over the barrier and regard themselves as being in the privileged position of **knowing or being knowledgeable**. Then they think that from this privileged position they are in the position of judging and being better than those who know in a different way or in other words better than those who do take the jump of faith and are truly spiritually enlightened.

The truth is that the ones who let go of the pole and cross the barrier are the ones with the wider, mature, creative and humble intellect and are filled with spiritual strength, because of reaching the stage of **experience**.

Message for the day

Cooperation brings easy success.

Expression: To work together is to allow the specialties of each and every individual to be contributed in the task to be done. There is an ability to appreciate others and their contribution. There is no ego of one's own specialties but a true and natural appreciation of everyone around. So there is success for the task and for the person too.

Experience: Whenever I am involved with others in doing something, the task is important in itself but when I understand the importance of cooperation I am able to recognise the specialties of each and every individual. I am able to have faith in the other person to make his own contribution and I give the space for him to do so.

See Specialties

When we come into interaction with others we are concerned with their negative aspects. We are aware of where they are going wrong and we try to correct them too. But usually the other person doesn't realize his mistake. The more we try to emphasize on negativity, the more difficult it becomes to make him realize. On one hand we find that he is not benefited, and on the other, we are filling ourselves with negativity too. The best business in life is that of seeing specialties and contributing our own specialties for others' growth. When we are aware of others specialties, we are able to encourage them to use them for growth. Also we are free from negativity. Further, using our own specialties enriches others and us too. These specialties are easily available for us at the time of need, for having used them properly.