



## **Resolve Conflict**

There has probably never been a time where there has been so much fear and conflict across the world, not just across oceans and borders but across the breakfast table. In fact many now prefer conflict to peace, as they become addicted to the actions of anger and aggression, and the adrenaline rush which results. They don't really want conflict to end, in fact, they will say that some conflict is good to get things done and stimulate change. They are not aware that they are killing themselves. All conflict is simply a symptom of attachment to a position. And as we know, this generates fear, and fear, if allowed to stay, eventually kills it's host. All solutions are based on detachment or letting go. But that will be difficult until we can see that all possession is an illusion, that we have nothing to lose and that there are no victories in winning. relax7

## Introversion

It is extroversion that wastes our energy and makes us feel weak. In a state of introversion we think less and speak less. We then have the power to put into action whatever we think and whatever we need to do.

## Freedom From The Dependency On The New

One of the dependencies that the consumer society promotes is dependency on the new. You have a car but today a new, better one is coming out. You have a mobile but the new one on the market today has more features and yours is now obsolete. The same thing happens to the television, MP3 players, DVD players, etc. Today you have some clothes but tomorrow the fashion will be different. We find the need to fill ourselves with more and more. This way an addiction to the new is generated. We get bored quickly and we need something apparently new and different all the time.

Some people need to buy new clothes all the time because it makes them feel better; they feel the newness, is this normal or is it actually an addiction to the new out of boredom, is it discomfort with oneself and the inner need to impress and please others that sometimes some people seem to possess. It is actually living in the superficiality 'of the pair of jeans or the saree', not in the inner essence of **being** or **soul**. It is to use time to distract oneself and not to construct creatively. It's not as if buying new stuff or going shopping is wrong but when it becomes a dependency, when it becomes a source of boosting your self-esteem, that's a sign that you are going wrong.

(To be continued tomorrow ...)

## Soul Sustenance

### Absorbing Spiritual Light - Part 1

**Just as darkness is the absence of light, negativity which manifests as vices and weaknesses inside us is merely the absence of spiritual light.** Through the influence of negativity, the sense organs waste away the light. The question of vice, or sin, has been of a lot of importance in religion. No matter how much political or religious control has been imposed, nothing has been able to block the internal wasting away of the "light" of the soul. Light has a source but darkness does not. Darkness is not created by any source but is rather the absence of a source. In the same way, **the negative forces do not emerge from the real nature of the self, but are simply symptoms of a lack of spiritual power or light.** As spiritual power declines, symptoms of negativity such as anger, greed, ego, attachment, hatred, jealousy and related vices appear. On the other hand, as the soul's power and spiritual light increases through a union (meditation) with the Supreme, the vices automatically disappear. In fact problems are not fundamentally caused by a particular vice, it is a question of the extent of one's power. If I am weak, the *sanskars* mostly related to vices dominate my experience. If I am strong they do not have a chance to affect me.

The negative forces have often been personified as *Ravana*, *Maya* or *Satan* but in fact there is no such entity. *Maya* describes a level of consciousness. There is no outside being whom we can blame. The vices are symptoms of individual ignorance and loss of power, which appeared only when our original creative powers subsided as we came into the process of birth and rebirth. **When the soul's power fell below the level necessary to control matter and the senses; then the vices emerged inside the soul.** The soul was more and more propelled by them through many births, until today when they appear to be a basic part of our real nature.

(To be continued tomorrow ...)

## Message for the day

**To look closely at one's own behaviour is to bring about a positive change.**

**Expression:** While it is easy to talk about what other people should do to change themselves and their behaviour, it is also important to see what one can do to bring about a change in oneself. When there is the ability to look in this way, effort is put in continuously to change old unwanted patterns of behaviour and replace with more desirable ones.

**Experience:** When I am able to take a closer look at myself, I am able to see which trait in my personality is getting in the way of my progress. This knowledge helps me accept myself with my shortcomings and yet have the courage to bring about a change easily. So I have the satisfaction of working on myself.