



Artist: Julius von Klever (31 January 1850 – 24 December 1924) Walking on Water

Eye of the Storm

A wise sea captain caught in a tropical storm knows that if he holds his vessel on the periphery it will get hurled from one side to the other. If he can reach the eye of the storm, he will enter a place of stillness. The storm will then subside and the ship can continue its journey. Similarly, when everything around me is changing in a very intense way, the best place for me to seek shelter and refuge is not on the outside, but deep within the self, where I can get in touch with my own inner being, find strength and stability, then come out and do whatever it is I need to.

Detachment

What do we do when friends and loved ones come to us for, and expect emotional support from us? Spirituality teaches us the right technique of providing emotional support – the technique of detached involvement, a technique of not being overawed, of not being affected ourselves by the emotions of others. If a friend, colleague or any loved one is upset and we also get upset (because we love them – that's what we normally say), we cannot provide them the necessary support or the assistance to see why they are reacting emotionally and how they might change the nature of their emotions by themselves. True love for someone would mean that I am able to provide them that. While being concerned is fine, but by becoming upset, seeing them upset simply aggravates the situation and adds fuel to their fire.

By remaining detached, we can be more effective in our ability to care, listen and help them think clearly about the situation, they find themselves in. Only if we are stable, and that can happen only when we are detached, will we be able to provide them stability. We can encourage and empower them to change their negative reaction to a more positive response, and thereby generate a healthier energy. If we become over-involved in someone else's problems, there is a risk that our own judgment will be affected negatively. This is why making decisions and choices under the influence of your own and others' emotions is normally ineffective.

Different Thought Types

By understanding each one of the thoughts that the mind creates we can keep the beneficial thoughts and discard those which are useless or harmful. Today we explain:

Necessary Thoughts

Necessary thoughts are those relating to your daily routine, such as, * What am I going to have for dinner? * What time am I picking up the children from school? * What is the number of my bank account? * What have I got to do today? They are also thoughts connected with your profession or job. These necessary thoughts related to your daily life come into your mind according to your responsibilities and needs at a more physical, material and professional level.

When these thoughts are repeated over and over again, they become unnecessary or waste thoughts.

(To be continued tomorrow

Soul Sustenance

Reaching the Destination of Peace on Time (Part 2)

In yesterday's message, we had mentioned the main type of distractions that you might face in your journey to the destination of peace. The secret of not getting affected by each of these distractions is very simple –**do not interact with any of them on a subtle level by giving them your mental energy of attention, but avoid them, detach yourself from them, just observe them and let them go**, remaining completely focused on reaching your destination.

Imagine you are driving to your office on the highway and you are very late. There are a large number of different vehicles which you pass, either travelling in the same direction as you are or coming at you from the opposite side. You are even familiar with a lot of these people sitting inside these vehicles, because you see them every day, but you don't even spare a second to glance at them because if you did you would lose your focus and be delayed, you would fail to reach your destination, your office in this case, on time. Meditation is exactly like this. Just as **you cannot empty the highway full of vehicles, because you are in a hurry to reach office, you cannot empty the highway of your consciousness of all thoughts, emotions, beliefs, worries, opinions, desires, memories etc. some of which are even very familiar to you, just because you want to get to the destination of your inner peace.** Let all of these, like the vehicles, come and go, but all you have to do is avoid them and focus on reaching your destination on time. It's as if, by the way you are driving, your body language, in this case the subtle energy of your determined thought, word has spread through the highway of your consciousness that you will not be sparing a second to even glance at any one of these on your way. If with a momentary loss of self-awareness, you do start giving attention to them, and you get lost in one of them, remind yourself subconsciously, "I am on my way back to the destination of peace, peace that I am." This will help you regain your focus and before you know it, you will realize you have arrived; you will experience your destination i.e. the peace within, and will completely believe that you are that. And it will be the most blissful experience that you have felt in a very long time.

Message for the day

To be free from weaknesses is to move forward constantly.

Expression: Most of the times I do win over my weaknesses and achieve progress but sometimes I find that I am defeated at the wrong moment by my own weakness and I experience failure. So instead of finding the progress that I should I find that I am moving back.

Experience: In order to bring benefit to others and to myself, I should recognize and remove even the last trace of weakness that is working within me. For that I need to have a constant checking about the real cause of the weakness and remove it. Such checking and changing helps me to overcome my weaknesses.