



State of Bliss

Desires will never end but our sense organs will be worn out. The state of Bliss cannot be experienced by a wandering mind seeking sensuous pleasures. It can be achieved by self-knowledge, self-realization and yoga with the Supreme.

As are the thoughts, so is the quality of life.

It is said that chanting brings happiness and benefit. Real chanting is remembering those things which bring beauty to my thoughts, and not just repeating the words. Throughout the day, when I go on remembering and experiencing these positive things, they further get sustained. This continues and these thoughts help me even when things are not going good. Thus, the quality of life gets better by the day. Today I will take one point to practice internally. This could be a simple thought like "I am special with my own unique set of specialties" or "God is my Companion at every step". This will help me sustain a positive experience throughout the day.

The Triangle Of Spiritual Energy (cont.)

Today, when human beings seek love, meaning and purpose, they first connect horizontally (with others) rather than vertically (with the Supreme Source). This leads to a greater loss of energy and eventually dissatisfaction and emptiness. The vertical connection liberates the self from becoming dependent on someone else and from having too many expectations.

After the vertical connection, there can then be the horizontal connection with others, that is, with the outside or external.

The horizontal movement can be called **reconnection**. When we have taken the first two steps (first inwards i.e. connection with the self and then upwards i.e. connection with the Supreme), we reconnect with others on the basis of openness and sharing, rather than selfishness and need. At this point, there are real relationships that are respectful and balanced, rather than a relationship of wanting, taking, or exploiting. We have come to understand that when we are well with ourselves, we will be well with others.

(To be continued tomorrow ...)

Soul Sustenance

The Car-Driver Comparison To Aid Self Realization (Part 1)

One of the comparisons which help in self realization i.e. in strengthening the awareness that I, the soul, a non-physical energy am different from this physical body is that of the driver and the car, where the driver represents the spiritual energy and the car represents the body which is controlled by the spiritual energy. **The biggest reason why I do not have the desired control over my physical body, my vehicle, my sense organs today is that I lost the consciousness of being a driver which could control and rule the vehicle.** Instead I developed the consciousness that I am this vehicle, this physical body. This consciousness disconnected me from the ability and the power I possessed inside me to control the vehicle. If I want to achieve the desired control, I need to be in a driver consciousness i.e. in the awareness that I am a soul and my body is a vehicle, through which I experience life. Being in this awareness, in this consciousness awakens me and empowers me to regain the much required control over my body.

The car controls are the gears, brakes, accelerator and steering wheel which can be compared to the sense organs of the soul which are the mind, intellect and *sanskars* and those of the body which are the eyes, ears, nose, hands and tongue. A good driver is one who remains extremely alert and is able to use the gears, brakes, accelerator and steering wheel effectively and efficiently, in order to be fully in control of the vehicle and avoid any accidents. In the same way, **as I move on the road of life, I need to keep my mental and physical sense organs (mentioned above) in complete control. If I do that, they will keep my journey enjoyable and take me to my desired destination of mental peace and happiness safely and successfully.** If I don't do that and let them overpower me, accidents will definitely occur, making me peaceless and sorrowful.

(To be continued tomorrow ...)

Message for the day

To be experienced means never to be deceived by anything.

Projection: It is normally understood that to be experienced means to gain expertise in something, or to become a master in a particular field. Such a person, who is an expert in one field might find himself totally impractical in daily situations.

Solution: Life has so many things to teach me through the various situations. I need to keep learning from all that happens. Then I'll never be surprised or cheated by any unexpected events, but will be prepared because of being experienced.