



Painting in a South Korean Temple

Learn Meditation

Why has meditation been the core practice of all wisdom paths for over two thousand years? Because it is the most effective method to access your innate wisdom, rediscover inner peace and enhance your creative ability. Meditation restores well being, and once your being is well again, all that you do will be successful and fulfilling. But maybe you think you are OK as you are. Perhaps you feel your being is well. But is it. Do you feel tense, worried, hopeless, mentally tired, emotionally upset...ever? Then your being is not well. Your body may be OK but you, the being, is unwell. Medication is for the body, and meditation is for the soul, that's you, and for your mind. Learning how to meditate is one of the greatest gifts you can give to yourself. Practicing meditation says you care about yourself. Being in meditation can touch the minds and hearts of others a thousand miles away. It actually says that you care about others too. But first...your self.

To invest rightly is to increase savings

How we spend is more important than not spending at all. When it comes to our biggest asset, our thoughts, we need to invest well. When we have positive thoughts, they become a saving for the future too. Today I will spend at least half an hour with something that gives me a feeling of positivity. Today I will also be careful to avoid anything that will create negative feelings in me. This will ensure that I will be investing my thoughts in the right way, without wasting them.

Will Power

The expression **will-power** is often used to refer to our ability to put into practice the ideas we know to be for our well-being and to resist actions (*karmas*) which are harmful. This is directly related to the soul's intellectual strength. When we speak of weakness or strength in the soul we are referring to the intellect. In the case of a weak soul (one with lower will-power) it is almost as if the intellect plays no part in determining which thoughts arise in the mind, but they come as if pushed by the *sanskaras* (mainly in the form of habits) or are triggered by the atmosphere around or the moods of others. On the contrary, a powerful soul (one with higher will-power) enjoys the experience of its own choice regardless of external stimuli (influence).

Rajyoga meditation develops the intellect to such an extent that this degree of control is possible. A practitioner of Rajyoga meditation can be in the midst of a situation of intense disturbance, yet remain so unshakably calm that the inner strength becomes a shelter and inspiration to others lacking in that strength. The weak soul is like a leaf at the mercy of the storm, the strong one, a rock in the face of a rough sea.

Soul Sustenance

Analyzing Success And Failure (Part 2)

For many, society has conditioned us to look for success through the path of our career, achievements, profits, praise, financial wealth etc. That way, we have learned a narrow view of success. Running in search of this kind of success and pursuing it, we come to exhaust ourselves, get burnt out and depressed. In order to achieve these successes we have stopped caring for the inner being (the soul) and relationships. That has meant and means stress, pain, anxiety, family break ups, personal and relational disintegrations, the destruction of the environment and planetary and climatic imbalances. As a consequence, we feel empty. Although we achieve the applause, the income and other successes, the soul is malnourished and has the sensation that it is lacking something. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, broken up family and a sick body, causes depression which explains why, in our recent history, famous people have ended up committing suicide.

If we want to redirect our personal and collective lives toward true wellbeing and wholeness, we have to re-evaluate and redefine our beliefs and factors that lead to success and failure. Before asking yourself what success and failure mean for you, it is important to be clear what context you want success in. Depending on the context, the dimension and the meaning of success and failure will be different. For example, in the work context, a failure will be different to that in the family context. In the personal context or in life in general, the way of perceiving success or failure varies.

Message for the day

The way to overcome your weakness is to feel that the weakness is not yours.

Checking: Check what weakness within you is not enabling you to attain success in the way you want to. Also check how many times during the day you have felt caught up with that weakness.

Practice: See yourself in your perfect form and let there be the thought in your mind that the weakness is not yours and you are the one who has developed it in yourself. This thought helps you to gain mastery over that weakness and gives you the control to overcome it.