



One Million children meditating together for world peace in Thailand

## Solutions

We are never without the solutions to our problems. It's just that sometimes we may have to wait a little. Learn how to remain peaceful and patient.

### **Breaking The Cycle Of Negative Energy Exchanges (Part 3)**

A simple pro-active response in breaking the cycle of negative energy exchanges with another person is the deep inner realization that the other soul is at that point of time lacking in the treasures of peace and love, although the foundation for the realization should be a humble consciousness. Very often this realization is based on an egocentric consciousness, which instead of cooling the situation can serve to make it more volatile on a subtle level. **So based on this realization is an inner reminder to the self of my duty at that point of time - serving the other soul with the infinite treasures of God's love and peace, which I am an embodiment of.**

So, pure donations at that time in the form of constructive positive and powerful thought vibrations for 5 minutes, once a day, at a fixed time, does the work of a soothing balm of love and peace for the other person. Through this method, **your feelings of lightness, contentment and goodwill reach the other person, with whom you have a problem. By doing that, these positive feelings transmitted to the other person pave the way for a realization inside the other person, of the negative that exists inside him/her in the form of shortcomings and misdemeanors (incorrect actions) committed, if any.** The realization serves as a motivator for change. Also coming into contact with the other person with a cheerful face and colouring the other person with your enthusiastic company, a company full of the feelings of sweetness, happiness and contentment brings about transformation in the other as our actions become teachers for the other and the other is humbled and is inspired to become likewise. Also donations in the form of humble and soft words, words that are numbered (few) but invaluable, help in bringing to an end the negative energy exchanges and winning the blessings and good wishes of the other as well as people connected with the situation.

(To be continued tomorrow ...)

## Soul Sustenance

### Overcoming Fears Connected With Negative Past Experiences (Part 1)

Some of our fears arise due to the situations we have lived through; for example, if you are driving a car and you have an accident. Then you take some time to drive again, because the memory of the accident awakens the fear of having another one or reliving the one you had. The person that has never had a car accident gets in the car with confidence, because they do not have that scene recorded, since they haven't lived through it.

There are fears that we carry within us that are not of the present. Something happened to us in the dark and we are now afraid of the dark. Fears in relationships: you opened your heart, you fell in love and, after a time, you experienced pain, you felt hurt, misunderstood, manipulated, deceived or mistreated, and now you no longer open your heart for anything; it is closed off with the shields that you yourself have created. To overcome this kind of fear due to experiences you have lived through, you have to come to terms with your past and accept it fully. You cannot change your past; lamenting the past doesn't help you; complaining about the past doesn't benefit you. Those shields brought about by fears do not disappear unless you do a deep cleansing. **Begin to heal your experience of the past. Part of the past is healed with forgiveness. Without forgiving, you cannot forget.**

(To be continued tomorrow ...)

## Message for the day

**Use the treasures you have in a practical way and you'll find benefit.**

**Checking:** Check what treasures you have that you could share with others. It could be the treasure of happiness, of love or of clear thinking. Check if you are using any of the treasures for your own benefit or that of others.

**Practice:** Each day begin the day with a thought to use the treasure that you have discovered for yourself. Remind yourself that the more you give the more it'll grow. Continue using your treasures in this way and bring benefit to all.

## Live in the Present

Life is a game of forgetting and remembering.

You are losing the game when you... forget who you are and what you are doing here, remember the false things of the past and what they did to you.

You are winning the game when you... remember your true identity of peace, remember God who is always peaceful and has unconditional love for you, forget troubles of the past and move forward with the lessons learned.

Observe what you remember during the day and what you forget during the day. Forget the past, it is gone. Don't worry about the future. You do not know it. Learn to live in the present and discover how full it is of peaceful moments.