



Completionist

A task left undone remains undone in two places, the actual location and inside your head. Incomplete tasks, in your head, consume the energy of your attention as they gnaw at your conscience.

Are you delaying because you're a perfectionist? Maybe, try being a completionist.

Cooking A Meal – Subtle Energies At Work (Part 2)!

When cooking a meal, switch on the role of a beautiful creator of the divine sustenance for the mind and body, a loving God Mother and switch off the role of a hard-working homemaker, say to yourself - *I love making a meal using the creations of nature, the ingredients that are given to me by the wonders of nature, the elements of nature, so pure in their original state, that they are also given the status of different Gods or deities actually (although being non-living), like **Vayu Devta** (the god of wind), **Surya Devta** (the sun god), **Indra Devta** (the rain god), **Agni Devta** (the god of fire), **Prithvi Devta** (the earth god) etc.* Nature is also commonly called Mother Nature or **Dharti Mata** , which reflects its purity, gentleness and softness. These elements reflect all that nature has to offer us through different sources.

So making a meal is respecting and loving these elements to the fullest. Also, although nature's elements are eternal, it is important to know that when nature loses its sanctity (purity), it's the Supreme Power of the Universe, incorporeal (non-physical) God who purifies them and returns them to their original state. That is why God is mistakenly called the creator of nature, which he is not per se (exactly), although he is a transformer of nature. So the nature's elements also, when in their pure state, giving pure energy to the soul and its temple, the physical body. But, today as we all know, these elements have lost their purity on a physical level i.e. because of causes like pollution, emission of poisonous gases from manufacturing units, deforestation, depletion of the ozone layer, global warming and other man created issues like the use of improper materials to grow vegetables and fruits that are harmful to the physical body; and they have also deteriorated on a subtle energy level, the spiritual energy level. So it's important to purify your meal ingredients through meditation before their consumption.

(To be continued tomorrow ...)

Soul Sustenance

Understanding The Inner Mechanism Of Anger

If we think, speak and act in an angry way, we leave an impression or memory of anger within our own consciousness which results in *sanskara* of anger to be born. Within the *sanskara* is the recorded emotion and experience of our expression towards the object of our anger. The object is a particular person or situation. If we encounter the object of our anger the next day, it will trigger the emergence the recorded anger from within the *sanskara*. We then deepen the *sanskara* as we express more anger, even if we only think anger. The emergence of this emotional energy from within our consciousness then stops us from interacting in a positive way. It clouds our mind and confuses our intellect, weakening and distorting our thoughts, decisions and behaviour. This often explains why we find it harder to connect and communicate with certain people in our life. Essentially we are carrying a negative image of the other person within our *sanskara* from a previous interaction with them. And when we see them again it emerges the energy within the *sanskara*, which then influences our ability to respond to them.

Message for the day

Where there is faith there is victory

Expression: When someone has faith there are no doubts or questions about the self, others or situations. Faith also enables a person to see and understand simple things in life with a new understanding. It shows direction and courage to go on.

Experience: When I have faith, I experience myself to be lucky and thus receive cooperation from many others. I would also be able to experience success at every step. There is then no worry for me and am troubled less by aspects that keep changing around me. My thoughts then would always be positive and I experience victory.

To recognize weaknesses is to have the ability to transform them.

We do try to work on weaknesses to remove them, but most times we are not able to understand what is the real cause for them. So, we do not find any marked difference, i.e., we are not able to bring about much of a change. The method to find the real weakness is to keep introspecting as to why the weakness is working. This needs honesty in the heart and clarity in the intellect. Today I will pick out one weakness of mine and check what is the real cause of that weakness. When I try and understand, I find that I am much more easily able to work on removing my weaknesses. I then don't have guilt or negativity but am able to work on it with confidence.