



You light up my life!

Bring Light

There is some darkness in most human minds today, so there is a darkness component in most scenes and situations. Why else is there so much unhappiness and sorrow in the world? So how much value can be given to someone who is able to bring light and lightness to a place or a moment, where others have brought their dark? Like a crown of sparkling jewels, their presence and their words are priceless. It may only be a gentle smile of comfort, an attitude of genuine interest, some words which diffuse an awkward moment. Those who stay light in spirit while others weave their dark are both illuminated and illuminators. Watch out for such a moment today where you may illuminate. Make that moment momentous!

Imagination

Your mind is a canvas, your thoughts and feelings are the brushes and the colours. Be bold and take time to imagine.

Go to the next level; turn your imagination into action. Imagine the steps, the solutions, the actual results.

Give yourself benchmarks and a framework, without overestimating your ability.

So what are you waiting for? Put your imagination to work?

Meditation For Personality Transformation (Part 1)

At the heart of every human being or soul there is a spiritual energy, pure, of peace, love, truth and happiness without dependence. Being aware and experiencing this energy provides you with the inner strength necessary for change. Meditation is the method of access in order to allow that energy to come to the surface of your consciousness and in your mind in order to color your thoughts and feelings. In a way very similar to that of a volcano whose melted lava, hot, flows from the centre of the Earth to the surface, we, on meditating, can create volcanoes of power (which emerge in our conscious minds) required for personality transformation.

You can do an exercise, a meditation whereby you choose a habit or *sanskar* that you don't want, and you will replace it with a characteristic that you would like to incorporate, like a thread, into the cloth of your personality. For example, replace impatience with patience.

Tomorrow we shall explain a meditation with this theme: changing a habit or *sanskar*.

Soul Sustenance

Checking Myself On The Stage Of Action

Once we become aware of the possible types of thoughts that the mind creates at different times in the span of a particular day, then we are in a position to keep a check on our thoughts and understand where our energy is being wasted. Once we realize that there are patterns of waste and negative thinking at some times during the day, which are usually triggered by certain situations or people, we can apply a brake on the pattern of **habitual negative thinking**, thereby transforming this energy wastage into something more positive.

It does happen, that when we are informed about the benefits of meditation for the first time, perhaps in a course or a presentation either in the office, in a center of a spiritual organization or elsewhere; we realize the need for the same but we also feel that, in order to get the house of our minds in order, we need to leave our busy city lifestyles behind and head for the hills. There, we think, we will find the time and the physical and spiritual environment to practice meditation and get our mental state in order, but this is absolutely untrue. While going on an occasional spiritual retreat is certainly useful and recommended for the development of the spiritual self, the real workshop is life itself. **Even if I am able to maintain a positive and powerful state of mind in a retreat, it is in our daily actions and relationships with others where the challenge lies, it is on the stage of action or *karma kshetra* that we have to check whether we can remain soul-conscious** i.e. in the awareness of our spiritual identity. It is here where we have to see whether we can apply the brakes on patterns of negative thinking, establish and maintain patterns of positive thinking and test whether we have reached the stage where, no person or situation, however negative, can disturb our state of mind.

Message for the day

When you are always truthful, you'll have nothing to fear.

Expression: True courage comes when there is the power of truth within you. When you are constantly truthful, you will have nothing to fear. In all the challenges you face everyday you will be able to maintain your courage because of your power of truth.

Experience: Make sure your actions are based on truth and when things go wrong, you will still be able to maintain your courage. Keep reminding yourself that you have the power of truth with you and you will be victorious, whatever the challenges that come your way.