



I cannot afford to overlook the influence that other people have on me. There are cases where people quarrel, fight and even commit murder because they are influenced by gossip, influenced by the words of others. To what extent do I check that I am not being influenced by gossip? Negativity in the mind is like poison. Negative thoughts are the seeds of negative actions. It might seem like a simple everyday occurrence - my friends tell me in the strictest confidence that such and such a person is like this and does so-and-so. I listen and accept without question because of the friendship. My attitude and actions now become influenced by my friends words, and I find myself acting and reacting in accordance with the information fed to me. Gossip and guessing bring sorrow, heaviness and distrust. Poison can come in many disguises, but poison is poison whether from an enemy or a friend.

Be positive now and you'll generate more positivity.

That means, in all that you do, do it with a positive intention and feeling. The more positive you are, the more your inner strengths get nurtured. Even when something goes wrong, or someone behaves negatively towards you, it's your choice how positive you are.

The Power To Transform Emotions (Part 2)

Thoughts may be temporary. **Feelings** (either positive or negative), accompanying repeated thought-patterns, stay a bit longer inside us. But when a soul suffers a major setback, loss or failure in life that it is not able to deal with, it becomes **emotionally** damaged and the results of that can be extreme.

Suppose I lose a loved one all of a sudden. If the feelings that come to me because of this loss can be taken care of at that time, through any means like the remembrance of God, meditation, developing a positive hobby to divert my mind, spending more time in the positive company of other family members, etc.; I will deal with the feelings and move on. If however, I am unable to deal with my feelings through any of the means mentioned, the experience of loss I feel is going to cause a lot of deep damage on the emotional level. Then it will not just be a feeling of loss, but it will actually have wounded the soul emotionally. Until that wound has healed, I'll carry it with me long after the loss has suffered. The emotions linked to it will come to the surface repeatedly, though I may have no idea where my sorrow is coming from. Due to the emotional wound, I'll be unable to stay happy, no matter how positive my circumstances may be today.

Meditation does not require me to go into the subconscious roots of my pain. Instead, through thought, **meditation enables me to take conscious control of my feelings and emotions, so as to displace the negative, which brings sorrow; with positive, which brings happiness.** It helps me experience pure, powerful emotions and loveful feelings to such an extent that the wounds left by past experiences are healed. Raja Yoga means *royal union* - it means having a loveful relationship with God. The experience of God's love is a soothing balm for my emotions, and a remedy for the emotional pain the soul feels.

Soul Sustenance

Worry Confused With Concern (Part 1)

One of the most **incorrect beliefs** that we have acquired since childhood is that **to worry is to care, worrying is caring**. Our parents are the people whom we grow up with and are closest to in our childhood. As soon as we are born, in fact even before we are born, even when we are in our mother's womb, they start transmitting the energy of this belief through their thoughts and later on when we are physically present in front of them, through thoughts, words and actions; to us, which we catch, because we being a spiritual energy, not only transmit or radiate but also absorb energy. As we grow up, this false belief keeps reaching us from everyone on a subtle as level as physical level from whom we meet and are close to including our friends, siblings (brothers and sisters), spouse etc. and **slowly we start accepting this belief as being completely true and lead our lives according to it and even transmit the same to others**. That is why it is extremely difficult to find a single person today who does not live according to this belief or does not bring it into their daily lives to some extent or the other.

A very common example of the above belief which we all have gone through sometime or the other is when we are late by just a few minutes in coming back home from office. On reaching home, we are asked a thousand questions and by our family members, perhaps our parents or spouse or children about where we have been and why hadn't we bothered to call and also informed about another thousand negative assumptions they had made in that much time. Why? Because they had been worried for us. We are normally surprised with the fact they are worrying, because 9 out of 10 times we are late because of a not so serious reason, but our family members explain that we were worrying for you because we care for you. But worrying is not caring. **Worry is fear or anxiety and care is love or concern, they are two opposite emotions which can never exist together at the same time.**

In tomorrow's message, we shall demonstrate how on a subtle energy level, true love and concern is more beneficial than worry in coming out of negative situations, in which we find ourselves every now and then.

Message for the day

Problem solving is to work at the roots of a problem.

Contemplation: When a problem comes up we usually try to work at removing the problem at hand by trying various methods based on the understanding we have. We don't go deep into the actual cause of the problem and so find it repeating again and again. Unless we understand the root cause of the problem we will not be able to get rid of it fully.

Application: The trick to problem solving is to go to the root, i.e. to find the actual cause. When we find and work at removing the actual cause of the problem we will never find it repeating. For example, if the actual problem might be inability to finish everything in time, the cause behind might not be lack of sufficient time, but my own carelessness.