



Why Worry

I can make a hobby out of worrying. It is useful to take an interest in what goes on around me, and of course it is always wise to analyze a situation and take the necessary steps to avoid being influenced by anything negative. However, if my mind is tense and burdened from worry, I may not be able to function clearly enough to arrive at a suitable solution to a problem. Maybe I should just do the best that I can and beyond that leave it in the hands of God. To have faith in the self, faith in God and faith in God's plan is a sure way to remain clear and free of burdens.

Master of the Self

The one who is the master is the one who creates positive thoughts under all circumstances. The one who is the master of himself is always able to create the right kind of thoughts according to the circumstance. Never is there the dependency on situations or people for the right kind of responses. Since there is mastery over thoughts, there is also mastery over all words spoken and everything done. When we are able to be a master of ourselves, we are able to constantly create positive thoughts. We are in touch with the inner resources and we are able to make use of these resources in a timely way. We never get confused or pressurized with outside situations, but are able to be in control in all situations.

Meditation For Overcoming Fear (cont.)

This meditation commentary is a continuation of yesterday's message.

Create the following thoughts:

I continue to go forward... I only observe feeling who I am... I am a being of light... a peaceful being... like a small candle that lights up a dark room I radiate light and remove the darkness inside. Conscious of who I am... I imagine that I am in the presence of a generous Being of Light that radiates infinite love, peace and happiness... It is a powerful ocean of love that can dissolve all my fears, the pain and suffering that there is inside my soul...

I open my heart... and mentally I say: "here are my fears... They are yours... They are no longer useful to me... I hand them over to you... I absorb your light... I absorb your love and let it reach each dark corner of my inner self... I feel how your powerful light, full of love, touches my fears... they dissolve and I am freed... I let go of all worries... The weaknesses and problems no longer have power over me... I feel that the Supreme Being is with me... that He accepts me as I am... He comforts me... I feel safe... at peace... in an immense peace... and free of worries..."

I enjoy this present moment in His company and I share this peace and love with the world.

Soul Sustenance

Meditating With Open Eyes

It is advised to practice meditation with eyes open. When we sit to meditate, if we close our eyes, what we do is that we send a signal to our mind, intellect and our physical body that sleep is close and that signal, in turn, induces sleep. That is the last thing we want to induce inside ourselves, while meditating. Meditation is a way to wake up and stay awake, not only physically, but in terms of being conscious and alert about what is happening **internally and externally. It is therefore good to practice with eyes open, so that during your meditation, you can become used to going beyond the physical inputs of what you see, hear, feel and smell and at the same time, remain exposed to these inputs.**

By practicing with open or semi-open eyes, it becomes easier to create the accurate state of consciousness while still being faintly aware of our surroundings. This will be essential in day to day activities when we want to stay connected to our inner peace while others around us may not necessarily be very peaceful. It will also help us to move deeply into our peaceful consciousness during conversations which at the same time, require alertness to go into the depth of ideas and concepts. When we are established in our peaceful, spiritual state (as a result of meditating), it is as if we are keeping our third eye, the eye of our intellect, open, which gives us the ability to see, in actions and interactions, what is true and false, and to make the right decisions without being influenced by others or our own emotions. All the above abilities are required many times during the day. We obviously can't keep closing our eyes to meditate each time any of these abilities are required.

Message for the day

You can always be successful when there is a desire to serve others.

Checking: At the end of each day, check if you have done anything for others. Also check if there is any consciousness of 'I' in all the things that you do for others. When there is even the slightest trace of a desire for benefit for yourself you cannot experience either contentment or success.

Practice: Each day take up at least one thing that would bring benefit to others, irrespective of whether it will get you anything or not. When you serve with no selfishness you will find yourself succeeding in all you do.