



The Beatles-1964

Good Software

Positive thoughts are like good software that helps us to perform to the best of our abilities.

Reality

You do not lose your peace because of circumstances but because of the struggle you create in your mind between what you think should be and what really is. To be accepting is not about being passive. It is to be aware of reality and to start working from there.

A Powerful Consciousness Of Faith In Critical Situations

Almost every single day in our present lives brings with it various ups and downs in **mind or sanskaras** (when our thoughts or sanskaras are not the way we would like them to be, in spite of us wanting them to be so), **body, wealth (or profession or role) and relationships**. There is not a single human soul existing in the entire world today that is experiencing a constant state of positivity in the four parameters mentioned above. All parameters are extremely changeable and every now and then seem to bring with them negative surprises.

A very simple reason for this is today we stand at the far end of the eternal world cycle, when every human soul is in its last phase of its journey of birth and rebirth in this respective cycle, a journey in which it has committed many mistakes, especially in the latter part of the journey, as it has continued to lose its power and succumbed to negativity or the consciousness of the physical body.

So the problems from time to time in the four parameters mind, body, wealth and relationships are nothing but a reflection or mirror image of incorrect actions performed by each soul, especially in the latter part of this cycle. If we are expecting a time to come in the present time, when all these will be absolutely fine and they will always be positive, that will not be possible, not until this cycle reaches an end and we return back home to the soul world. Until we return, we will need to settle all our accounts of our past karmas or incorrect actions, by being faced with problems in these four parameters (not necessarily in all of them at the same time, but in one or more from time to time) and overcoming them with ease, positivity and power.

Instead of running away from this reality we need to accept it completely and instead of looking at ways of keeping these parameters positive on a physical or superficial level only, which we will be able to do but only to some extent because there will be times when it will not be possible for us to change the negativity in these parameters, in spite of our deep efforts on a physical level. We should do it and we will be able to do it at times, but it will not be possible each time that these parameters will change for the better as much as we want and at the speed we desire.

(To be continued tomorrow...)

Soul Sustenance

The Flight Of Harmony

There are two faces to one coin; a person who wishes to live fully as a human being needs to understand that **the existence of one's unique individuality has to be acknowledged, as well as the existence of the group or collective.** One cannot exist without the other. Individuals who are developing spiritually feel a personal sense of value. They clearly recognize their uniqueness and have the feeling that there is the freedom to be whatever they choose to be. At the same time, their sense of personal independence allows them to come close to others and work with them. They do not have selfish independence. They get close to others because they have found fulfillment in their own self. Someone who has truly found the value of the self above and beyond labels, name, fame and approval can effectively cooperate within the collective or group and interact appropriately. Such people not only feel themselves to be a part of the whole but, even more importantly, the group or collective feels them to be a part of the whole.

In nature, when birds have to fly to a warmer climate in winter, they flock together and start their journey as a group. The success of the journey depends on the group: if an individual bird does not join the group, it cannot reach the destination on its own. Birds fly in a particular formation, with an appropriate space between them as they fly. If they fly too close to each other, their wings get entangled; they lose their balance and fall. If they remain too far from each other, the formation cannot be created properly, and they are not able to ride the currents of air, which help to propel them in their flight. Furthermore, the leader of the formation does not remain the leader throughout the whole flight, but moves back and allows another to take its place. This repositioning continues throughout the flight until the destination is reached, allowing individual birds to contribute to the success of the journey.

The reality of life is that we are individuals within a collective whole. Just like the birds, we are all a part of an unlimited Flight of Harmony.

Message for the day

To be committed towards one's own progress is to help others to move forward.

Expression: The one who is committed towards his own self-progress, is free from criticizing others when he sees them make mistakes. Having realised what is wrong, such a person makes corrections immediately. He is able to realise his own mistake in a second and take the chance for self-improvement. This naturally gives the ability to help others also to bring about a change for the better.

Experience: Since I am committed to my own self-progress, I am able to become stronger and stronger with each passing situation. I find that I become a source of inspiration for those around, as I continue to learn from all that happens. I don't put people down for their mistakes, but am able to give them the help to be better.