



## Courage

I cannot discover new oceans unless I have the courage to lose sight of the shore.

## Past is past.

Time only moves forward. It leaves the past behind. Yet we forget to move forward, out of the past. Disappointments, might-have-beens, old sorrows stack up in our consciousness. We store files of old memories, returning sometimes to open them. To be liberated is to switch our minds from these dusty old files in a second. God's compassion helps us deal with the past. We can take a tip from time - leave the past where it belongs .. in the past.

## Opening The Third Eye

The concept of the third eye has always interested people. What is the **third eye**? Can it be opened during an operation, or by going on a journey to a religious or sacred destination? In meditation, we understand that the **third eye** means the ability to understand and to perceive (realize) correctly. Then, on the basis of that perception (realization) or insight (understanding); to act and behave accordingly. In other words, on the basis of **spiritual truths**, we think, speak and act so that peace and well-being become natural in our life.

Spiritual values, or truths, are necessary for genuine improvement of the human condition and life.

The **third eye** is the intellect of the soul - when it is open, there is realization of the need to improve, change and/or create something that will help the self and others to make the quality of life better.

## Soul Sustenance

## Inculcating Powers Through Rajyoga Meditation - The Power To Withdraw (Part 2)

When I am too open to the world around me, it's as though the arrows of negativity that fly around can easily penetrate my being, so that I lose my power. What others say and do quickly affects me, and I become reactive. This causes a build-up of stress, and eventually burnout, which makes me feel my only option, is to retire from situations altogether, which is not always possible.

I don't want to react; I want to act with concern and reason and effectiveness. When I develop the habit of making a momentary withdrawal in situations of danger, I'm better able to achieve this. Turning within, I'm able to remember my link with the divine, the link of love, the link that fills me with peace and wisdom and good wishes. It's like an exercise: going inwards i.e. connecting with the self, then upwards towards the Supreme and then outwards (in the field of karma). Doing this repeatedly through the day as a discipline as well as at times of danger, I'll keep moving forward with stability and strength.

In order to maintain this power, I have to put a high value on introversion. If I'm too extrovert, I'll become caught up in external circumstances, and won't have power to withdraw available to me at the moment of need.

### **Message for the day**

**The one who is royal plays with the jewels of knowledge.**

**Projection:** Throughout the day several times we find ourselves performing such actions or speaking such words that hurt others. Such behavior actually reflects the fact that we are playing with stones instead of jewels.

**Solution:** Real jewels are such words and actions that are filled with knowledge or truth. Knowledge gives us understanding which brings sweetness in our words and accuracy in our actions and this is real royalty.