



Valle de la Luna, Chile

Why Worry

I can make a hobby out of worrying. Of course, it is useful to take an interest in what goes on around me and it is always wise to analyse 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.

In its original form, anger was not anger, not a negative reaction; rather it was the energy of a positive response to people and situations, but the response gradually changed to reaction. When we return to our spiritual identity, we begin to rediscover that capacity to be still, stable or centred, and we are then able to respond positively even to negative situations, or people. With spiritual consciousness, the energy of this negative reaction is transformed into being able to accept, understand and deal wisely and peacefully with whoever, or whatever, is encountered.

In order to extinguish (overcome) anger, one has to use peace and silence, to understand that peace is the original state of one's being; to remember that 'I am a peaceful being' means to emerge the consciousness of non-violence.

Silence, that is learning to put a brake on the mind and tongue, helps us to think before speaking and, as a result, saves us from many confrontations with others.

Understanding What Is Aura

The mind is the thinking energy of the soul (negative or positive). It is the mental energy, which makes the aura (subtle body) of a person. The soul, situated in the brain, radiates its mental energy to all the brain centers e.g.: hypothalamus (thinking centre), limbic system (centre of emotions and attitudes), frontal cortex (memory centre), respiratory centre, speech centre, visual centre etc., in maximum concentration as these centres are located near the soul. In fact the soul radiates the mental energy to each cell of the physical body. This radiated mental energy which exists inside the whole body is of the same shape as the physical body, which is nothing but the aura.

Now the aura of a person can be photographed by Kirlian photography. If a person most of the time thinks negative, the aura around him has various shades of white light e.g.: violet, indigo, blue, green, yellow, orange, red or can be black if there is no flow of mental energy. If a person thinks positive most of the time then aura around him is made up of silvery white light. Such a person is liked by all and radiates all the innate qualities of the soul e.g.: purity, peace, love, bliss, power around him. Other people coming in contact with him can feel the soothing effect of these qualities. Good meditators normally have clear white auras. Kirlian photography has been proving useful in diagnosis of disease in a particular part of body and organ system before the disease becomes clinically visible in the form of signs and symptoms.

Soul Sustenance **The Journey Of Time**

There are two laws governing the journey of time in this world.

- **Firstly, the movement of time is cyclic i.e. without a beginning or an end. It is not linear i.e. a straight line with a beginning and an end, and**
- **Secondly, everything new undergoes degradation and becomes old at some point of time.**

These two laws help us to understand the journey of time and why the world is in its present state.

We use time to attempt to measure change. One day is measured by the time taken by the earth to rotate around its axis. One day is our basic unit of measurement of time. One year is measured by the time taken by the earth to revolve around the sun. So the movement of time in our physical world is always cyclical. The cycle of the day, from dawn to daylight to dusk to night, is a movement that repeats with absolute constancy. A larger cycle is that of the seasons - from spring to summer to autumn to winter - which also repeat in the same way. When we become a detached observer and look at the 'big picture' of human history, we see an even larger cycle, **the eternal world cycle of time – a cycle that moves from the day of humanity (where everything is positive on a physical as well as spiritual level) to the night of humanity and then back to the day of humanity to repeat again.** But to believe and understand that picture completely, we first need to understand the second law of time and also connect it with the first law.

Tomorrow we shall explain the second law of time.

Message for the day

The one who serves others is the richest.

Expression: To be in a position to serve others means to be aware of the resources and treasures within. When all the powers that are within are used for the benefit of the self and others they tend to multiply and increase. So the one who continues to serve others continues to become richer.

Experience: When I serve, not only do I become richer with what I use, but for having served unselfishly I also become richer with the blessings and good wishes that emerge from the hearts of others. I am able to experience the real richness and beauty of life as there is a lot of love, happiness and joy in my life.



(Mt Fuji, Shizuoka, Japan)

Dignity

In order to maintain dignity, I stay in the sunlight of contentment and keep out of the shadow of desires.

To receive a chance to serve means to accumulate your account of blessings thereby guaranteeing your progress.

In all that you do for others, check if you are able to feel satisfied. Also check if there is any kind of expectation either for recognition or for facilities for the help that you have given. Each day make a list for yourself of the things that you are doing that you feel is bringing benefit to others. Also make sure you realize in your mind that you are doing it for the sake of bringing benefit and not out of expectations. This will ensure everyone's blessings for you.

Experiencing And Maintaining A State Of Contentment

To reach, experience and maintain a state of contentment or fulfillment you have to first realize what true freedom is and then learn how to use it so that it strengthens you and also helps you to achieve the full potential of your individual self. Freedom is the key to

contentment. You also need to check what brings you close to the state of fulfillment and what takes you away from it. **Fears** of different kinds are one of the main obstacles in experiencing contentment. Any **weakness, inability to apply any virtue or spiritual power** required in any situation, **lack of focus, inner instability**, etc. will cause a leakage of the energy of positivity that is required to feel content. Free yourself of any personality trait that hinders your progress and does not allow your inner being to manifest itself and express itself with all its potential. To live in contentment, you should be in charge of your inner mental and emotional world. If not, you will only be able to experience temporary periods of fulfillment.

To achieve fulfillment you not only have to have inner control, but you also need to check whether there is any door open to allow any weakness to enter the room of your personality. Because if you strengthen yourself on the one hand and on the other you are weakened, you will never reach the desired state of inner power. E.g. you keep a bucket of water under a tap of water. If it has even a single crack, however much water you pour into the bucket, it will never get filled completely. In the same way, this can happen to you. Because of this, you need to check, which cracks are present in your personality through which there are leaks of energy, because of which your efforts to become content do not give you the results you hope for.

Soul Sustenance

The Journey Of Time (cont.)

We also see in nature that everything new becomes old. Nothing ever starts old and becomes new. All material possessions including the human body, all political movements, religious movements, different philosophies etc. move from a state of newness to a state of oldness or decay. This is on a micro level. When we apply this principle and process on a macro level to the world as a whole, we can then easily understand why we live in an 'old world' – a world with scientific progress but overused, misused, tired and where many sectors are simply worn out. This process is sometimes known as **entropy**. **The Law of Entropy states that a closed system moves from order to disorder or chaos, when the energy inside it reduces because it is not renewed or re-energized from a source outside that system.** On a physical level, the sun sustains and re-energizes the systems of nature on the physical Earth every day. But in the recent past our exploitation of the world has started to become faster than the world's ability to renew or re-energize. We now use the trapped energy in our physical world much faster than the sun can replace it.

Tomorrow, we shall explain how the Law of Entropy can be applied to spiritual energy and our virtues.

Message for the day

The one who is the master of the self is able to master situations and control people.

Expression: If there is an attempt to control situations and people without trying to control the self it becomes impossible. It only takes things more out of control and leads to extreme emotions like anger. To be a master means to be a master of one's own feelings and emotions under all circumstances. It means to have the reins in one's own hands.

Experience: When I am able to be a master of my own thoughts, feelings and emotions I am able to deal effectively with situations and people. I never go out of control or lose my cool however difficult the situation or person may be. This enables me to be aware of my own inner resources and use it to be the best of my ability.



Good Morning, Mykonos, Greece

First Thought

Each morning before I begin the journey of my day let me sit still, in silence, and sow the seed of peace. Peace is harmony and balance. Peace is freedom - freedom from the burden of negativity and wastefulness. Let peace find its home within me. Peace is my original strength, my eternal tranquility of being. Let my first thought of the day simply be peaceful.

Like a feather, we float blissfully along on the winds of destiny.

When we simply remain light, our landing will be painless. The lightness of our being allows us to catch hold of even a slight puff of wind to propel us upward on currents of warm air; so that we can follow our destiny.

Simple Exercise For Experiencing Inner Peace And Compassion

Sit comfortably and relax. Now focus your attention on your breathing... let it find its own calm rhythm... gently breathe in peacefulness and breathe out any

negative feelings.

Allow your mind to slow down... do not judge your thoughts as good or bad, accept them and let them go.

Now focus on your inner peace...that place that is deep within yourself... that is peaceful... where your inner compassion (kindness) and forgiveness lies... here you are patient, tolerant, generous, understanding... all these qualities are here which make up your inner compassion. Experience the feeling of compassion... and see it focused as a point... a point of light...situated at the center of your forehead.

Now raise your awareness beyond yourself... to a place of unlimited peace... see it first as a small point of light. As you move towards it, it becomes brighter... it is like an ocean of peace... a space of calm, of love, of compassion... you feel connected to that ocean of deep peace and love... it surrounds you like a shawl, it fills you up, absorbing every part of you with a comfortable warmth.

Rest in that feeling of being loved... it is like energy... a vibration... a light filling you... until you overflow...

Now, slowly you move away from the ocean - as a point of light. You still have the memory of being loved... and can reconnect at any time you want. Gradually become aware of your body.

Soul Sustenance

The Journey Of Time (cont.)

In yesterday's message, we had explained how the Law of Entropy works on a physical level. **When the Law of Entropy is applied to spiritual energy, our virtues, to the quality our thoughts, words and actions,** we can perhaps begin to see why, as individuals, we feel tired and old in virtues, irrespective of whether we are young or old physically. We can also understand why we succumb to negative thoughts, words and actions more easily than being influenced by the positive. In fact, the entropy of our virtues i.e. the spiritual entropy has followed the same pattern as the entropy of the physical world or the physical entropy (explained yesterday) i.e. **the spiritual energy or the energy of the virtues of the world has been reducing (as the world has become older and older) because it has not been renewed or re-energized from a source outside the system.** When we

accept this movement from new to old, we understand the journey of time in a completely different way. As we look backwards into the journey of time, we find that although there have been very important scientific discoveries and global communication has improved immensely, which have all contributed to the give everyone an illusion of progress, everyone accepts that we are not enjoying healthier, more loving and peaceful relationships with ourselves, each other or the planet Earth. The reason for this is understood easily by applying the second law of time i.e. everything new becomes old. **At the present moment, the source from outside the world system (on a spiritual level) which is required to re-energize it and restore it to its original new stage is the Supreme Soul or God or the Spiritual Sun, who is an ocean of spiritual energy and divine values or virtues. In meditation we, as living beings, who are part of the world system, can absorb this energy or divinity from him and contribute to this process.**

Message for the day

To recognise one's own uniqueness is to respect oneself.

Expression: To have respect for oneself based on other people's opinion or situational achievements is to have respect temporarily. True respect for the self is based on the recognition of the fact that every individual is unique with its own set of unique capabilities. This understanding enables one to see one's own uniqueness without being influenced or without comparing with others.

Experience: When I know to recognise and appreciate my own uniqueness and respect myself on this basis, I am able to be free from ego or a feeling of inferiority. I am also able to recognise naturally the uniqueness of the other person and respect him for it. Thus I am able to win the love and respect of others too.



Hummingbird

No matter how bad people may seem, they possess at least one virtue. Be like the humming bird and pick out the sweetness of everyone's character.

Remember who you are. A human being. Not a human doing.

You are not what you do.

You are a being of peace, love and happiness.

When you allow yourself to be - you become centred, grounded and focused.

Then, you're able to bring your 'being' into 'doing'.

Realizing The Form Of The Supreme Soul

The Supreme Soul is a soul, with the same form as human souls. The only difference is in the qualities, not in the size. We have rightly thought that he is great, but His greatness doesn't mean that He is expanded throughout the entire universe. The power of a soul has no connection with its physical dimensions at all.

Some people are of the view that the Supreme Soul is formless. Anything that exists must have a form. Qualities indeed are formless, but the source of those qualities cannot be without form. For example, fragrance has no form but the flower does. Just as the sun has form but the light and warmth it

radiates do not. The Supreme Soul has a form, but the qualities radiating from Him do not. In other words the Supreme Soul is not love but the source of love; the Supreme Soul is not truth but the source of truth, etc. If he is formless then communication with Him is impossible. The very word "yoga" implies a meeting between two entities, both of which have a form, if not a physical one, a subtle (non-physical) one.

The Supreme Soul is a conscient (living) micro star just as I am. Knowing his form, I can bring that image onto the screen of my mind and begin immediately to experience his powers and qualities by associating them with that beautiful form. There is much more value in meditating (concentrating) on his form and qualities than in focusing on one's breath, candle flames, etc.

Soul Sustenance

Understanding And Overcoming Repetitive Thoughts

Repetitive thoughts are mental dependences that arise due to a badly channeled imagination, false beliefs or mental weakness. For example, this happens when the pattern of negative repetitive thoughts makes us experience continuous feelings of guilt. Or we think, almost obsessively and continuously, that someone wants to hurt us or are after us. Or we create continuous thoughts of jealousy, hatred and violence with regards to another individual. They are negative and self-destructive habits. We fall into repetitive thoughts, which make us live in constant unhappiness.

We spend a lot of time during the day with these types of unnecessary thoughts. They are leaks of energy that weaken us. We have created the habit of thinking like that and, therefore, it is in our hands to learn to change it. We can free ourselves of these dependencies and the result is to be freer, mentally, of negative and repetitive thoughts, which are like a constant hammering. It is a question of learning to control what we think, thinking positively and in a focused manner, meditating and exercising the mind. We exercise to keep the body healthy and strong; in order to have a healthy and strong mind we have to learn exercises like meditation and relaxation that help us to free ourselves from repetitive thoughts which are nothing but bad positions or postures of the mind.

Message for the day

Faith is the key to the best use of one's fortune.

Expression: For the one who has faith, in the self and in things, there is only positivity. Under all circumstances, there are only opportunities and treasures seen. Each moment is an inner urge to discover these hidden treasures and make the best use of them. So the one who has faith draws out the best from each and every situation.

Experience: When I am able to move forward with faith, I am encouraged to give my best under all circumstances and am able to enjoy the best fruit of the effort that I put in. Faith gives me the courage to go on even during difficult times and so I have the satisfaction of bringing about constant change and progress in my life.



Antilla, Mumbai: Most expensive home in the world

Every Thought Counts

When you build a house every brick counts. When you build a character every thought counts. You are what you think. Love, purity, peace, wisdom - the more you think of these qualities, the more you will become them.

When someone brings their opinions and beliefs to a conversation, armed and ready for battle, it's easy to disarm them.

All you have to say is, "That's an interesting way to see it. Not sure I agree,

but I can see what you mean." You can do this without anxiety because you're genuinely seeking to understand the other person's point of view.

Hearing The Voice Of Inner Wisdom Clearly

In a way we already know all that we need to know and all that is required to bring about transformation in the self - after all **originally, we were a perfect being, and the experience of that stage as well as the knowledge of the path to reach back to that original, perfect stage is embedded inside us.** Then why take up spirituality? Why can't we just listen to our intuition - the voice of inner wisdom? Listening to our intuition would be great but unfortunately most of us are not able to hear the voice of our own inner wisdom, which lies submerged in the sub-conscious because the noise of our thoughts, feelings and attitudes drowns the voice out. **We have been gathering, slowly and steadily, thousands of beliefs since we have been a part of the cycle of birth and rebirth and these beliefs, in turn, create a flood of incorrect and unwanted thoughts and feelings,** today, which distort the true inner voice so that when we think our intuition is telling us something that is true, it is really a wrong belief that we learned sometime in the past.

Over a period of time, as the soul gets purified through the practice of meditation and as it starts listening to and understanding true spiritual knowledge, false beliefs based on body consciousness get displaced by true ones based on spiritual consciousness and this inner voice starts speaking absolutely clearly and accurately without any wrong judgments or distortion. That is why, in the beginning, when we are still learning to connect with God, it is extremely important, to have the guidance of someone more experienced when learning meditation, who can guide us with his/her wisdom and experience, so that we can differentiate between what is actually our intuition and our own belief influenced viewpoint.

Soul Sustenance

Going Beyond False Identifications

The more I identify with the physical factors of my life, the more I become a prisoner to my destiny or the various up and downs of my life. E.g. if my self-respect is attached to my beautiful new car, how will I feel about myself when the car becomes old and its beauty and shine reduce? Or if I my car is stolen or gets immensely damaged in a road accident? Then, I shall find

myself in an identity crisis. The same will be true if my business or job is everything to me. If one day, I am in a good financial state and I enjoy a very respectable and dominant position, and the next day I find myself in a dispute in my profession and I suddenly lose all of that, and nobody wants to know me, I will feel as if I have lost my soul and have almost died. The problem is sometimes so great that people do, literally, lose their desire to live. It happens, too, in relationships, when your partner leaves you either due to a separation, a divorce or even death - a partner in whom you have invested all your love and emotions. Or if my identity is tied to my bank balance or property, and suddenly I am broke.

All of these are actually false identifications, and the crazy part of living this way is that I can never be satisfied, even if I succeed in maintaining my false identity. **These kind of false identifications do not keep me placed stably on my seat of self-respect and either bring about an inferiority complex or a superiority complex - both of which are false, so both bring insecurity.** Even while I am externally successful, having my identity based on that success means I am a slave to them. I've handed over my self-esteem to them. I become addicted to it.

Message for the day

There is victory for the person who opposes the weaknesses instead of the person.

Expression: Instead of trying to win over a person who displays any negative qualities, one needs to oppose the negativity itself. The one who knows the art of doing this will never do anything to encourage the weakness in the other person but will provide all help to finish it fully.

Experience: Since I am able to look at the weakness only and am trying to finish it, I will be free from negative feelings of dislike and hatred. There would be a genuine feeling of love, which in turn provides the right environment for the other person's growth.

Daily Positive Thoughts: June 06, 2013: Sunlight



Gorgeous Sunrise at Niagara Falls

Sunlight

Giving good wishes to others acts like sunlight, filtering into the dark corners of their mind and lightening their burden.

To overcome a negative habit, we have to ensure that the intellect is strong and stable enough to lead the mind with knowledge and comprehension. In this way, transformation is more deep and lasting, creates satisfaction and fullness, and greatly improves our self-esteem.

Our mind must be left in no doubt that "I", the original personality, no longer wants to go down that old road. We must have the strong determination to create a new thought pattern; this will also be recorded on our memory bank. This new register will help us to avoid taking up the old habits the next time something similar happens. For a period of time the two thought patterns, the old and the new, will exist alongside each other.

To achieve a long-lasting transformation, we should not suppress our mind and immediately eliminate all the habits or tendencies to which the mind has become accustomed to. If we do this, the mind will begin to cry and make a fuss, and finally, the moment we lower our guard and stop paying attention, the old habits will emerge again and drag our mind towards automatic thoughts and actions so that, almost without us realising, we are once again

immersed in our old way of thinking and doing.

We have an alternative: creating thoughts of a greater quality that emerge from a new conscience. In this way, thanks to these positive thoughts, full of love, harmony and creativity, the mind will start to cleanse itself, replacing the old habits and negative tendencies in a totally natural way.

The positive thought that preceded the positive action is still conscious, but the more we repeat the positive action the less conscious we are of the thought that created it. The time comes when we don't know why we are doing whatever we are doing: it has become a positive habit.

Performing A Spiritual Audit At The End Of The Day

Our normal day at the office or/and at home is filled with lots of actions and interactions. On a normal day, without realizing consciously, we create almost 30,000-40,000 thoughts. So, not only are we active physically but extremely active on a subtle or non-physical level also. **Imagine sleeping with all this burden of thoughts, words and actions which have been created throughout the day, many of which have been waste and negative in nature. What would be the resulting quality of my sleep?** So it is extremely important to perform a spiritual/emotional audit or evaluation at the end of each day.

In a lot of professional sectors of life today, people recognize the need for reflection and audit, not only of financial records but also a general evaluation of the respective sector, to maintain and improve both the service to customers and the job satisfaction of people working in the sector. **Checking my own behavior, as a daily exercise; not just checking, but also bringing about respective changes for the next day, enables me to continue to develop and grow, as a human being and in the quality of my work and personal and professional relationships.** Have gone through the self-evaluation, it is also advised to become completely light by submitting the mistakes made and heaviness accumulated in the day to the Supreme Being. Doing this helps me put a full-stop to the same and settle all my spiritual accounts at the end of the day. I need to put an end to all commas (when looking at scenes that caused me to slow down and reduced the speed of my progress), question marks (when looking at scenes which caused a why, what, how, when, etc.... in my consciousness) and exclamation marks (when looking at negative or waste scenes, which were unexpected and surprising) which were created in the day's activities. Along with remembering what all

good happened during the day, what did I achieve and what good actions did I perform, there is lots to forget at the end of the day, which should not be carried into my sleep at any cost. Disturbed, thought-filled, unsound sleep, will result in a not so fresh body and mind the next morning, which will cause my mood to be disturbed, adversely affecting the following day.

Soul Sustenance

Understanding Anger And Its Many Forms

It is easy to understand how anger is one of the greatest fires in the human mind. Anger may take the form of yelling, shouting and verbal abuse, such as threatening, accusing, demanding, giving ultimatums: 'Do it or else!' But anger is also seen in the irritation when we do not speak: it is that silent smouldering (burning) where we emit fumes and fires of stored resentments (anger) and hatred, which effectively cuts real communication with others and ultimately ruins relationships. We get angry because we expect a certain type of behaviour from someone and when the behavior is not according to our expectations we become violent, convincing ourselves that others deserve to be punished. However, this result is an unresolved violence, which keeps emerging according to time and circumstance. Angry people feel too self-justified to even think about forgiveness, or letting go, in order make a person or situation peaceful - they are too attached to the fact that they are right and the other is wrong.

Message for the day

Easy nature makes tasks easy.

Expression: The ones with an easy nature constantly think of solutions instead of problems. So such individuals are free from the burden of problems and are constantly contributing to make things easy for themselves and others too. The right environment to bring out the best result is naturally created by them.

Experience: When I have an easy nature, I am able to put a full stop in a second with great ease. I am not caught with the waste questions and exclamations. So I am able to enjoy everything that comes my way and move forward constantly with lightness.



Farm Tomita, Hokkaido, Japan.

Creation of the Thinker

Acts of virtue emerge from deep within, from an inner sanctuary of silence from which inspiration flows. Every action has its seed in a thought and every thought is a creation of the thinker, the soul. I choose what thoughts I want to create and as is my thinking so are my actions and also my experience in life. Going within, I touch the stillness and pure love that lie at the core of my being and every thought that I create is of benefit to me and of benefit to humanity.

All problems can be overcome when you make a determined promise to yourself.

When a problem comes up and you are working on it, check what kind of thoughts you are having. Check if your thought to overcome the problem is filled with determination? Each day reinforce the thought in your mind to overcome the problem that you are facing. Stamp the thought with determination and you will become victorious in overcoming your problem.

Performing A Spiritual Audit At The End Of The Day (cont.)

Yesterday we had explained how self-evaluation at the end of the day is extremely vital to one's progress and development. A useful exercise in this regard is keeping a daily chart for **about 3 personality traits or points** and

filling it up every night (lesser than 3 is also fine, but not more, because then you might feel lazy in keeping the chart after a few days and also you might lose focus and the personality traits may not transform as much as you want). You could either evaluate yourself with a yes or no or perform a percentage wise evaluation like 50% or 90% for e.g. We have mentioned below, some of the common traits from which you could select the traits to keep a daily chart for. You could incorporate some other specific traits (not mentioned in this list), which you want to change or develop, depending on your personality:

In the entire day, today; not only in my words and actions, but also in my thoughts:

- * Did I see everyone's specialties and keep good wishes for each one, in spite of obvious weaknesses being visible?
- * Did I remain free from all forms of anger, like irritation, frustration, grudge, revenge, etc.?
- * Did I ensure that I neither give nor take sorrow, hurt, pain from anyone?
- * Did I remain free from waste and negative?
- * Did I remain ego less?
- * Did I remain untouched by name, fame, praise, insult?
- * Did I remain stable?
- * Did I remain free from judgments, criticism, jealousy, comparison, hatred, etc.?
- * Did I keep a conscious of serving each one whom I met?
- * Did I bring the 8 main powers into practice and experience being powerful?
- * Did I remain in self-respect and give respect to everyone?
- * Did I practice being soul-conscious in actions and interactions?
- * Did I take a one minute break every hour to reflect, meditate and control the traffic of thoughts in the mind?

Soul Sustenance

Simplifying The Union With The Spiritual Parent

The easiest definition of the word 'yoga' is union. **When you unite with someone or something, you keep thinking about that someone or something and keep visualizing the same.** It is as if you experience a union with the object or the person in your mind. In this way, there is a subtle (non-physical) communication with them which, when you meet, will turn into a form of words (physical communication).

We communicate with others mostly through physical means, but we cannot

do the same with our spiritual Father and Mother - God, as He does not take a physical form. Our communication or union has to be subtle (non-physical), through the vibrations that we radiate as souls or life energies. There is deeply rooted belief in many – a belief that goes back to many centuries, that this union takes many births of effort to become a master at, but that's not true, it just takes a little practice and patience. **The reason why it may seem difficult, at first, is that our mind tends to be filled with thoughts, feelings and images related to other people, friends, family members with whom we have interacted or will be interacting, our workplace, the past, the future, unnecessary anxieties and many more issues.** We need to learn to drop these 'thought conversations' with others and 'creation of subtle images' of other people and situations so that we can redirect our mind and vibrations to the Supreme. This also means learning how to make our mind and intellect quiet enough, and as a result, receptive enough, to **receive, listen and feel** His vibrations and His thoughts, and to experience His subtle presence. Ultimately it is an exchange of the energy of pure love between the soul and its Parent.

Message for the day

To **spread the rays of happiness is to be optimistic.**

Expression: The one who is optimistic is able to spread the rays of happiness all around. Never does he stop or move back with life's challenges. On the other hand, he has the courage and determination to move on making the best out of the situation. Others too are encouraged seeing his faith.

Experience: When I am optimistic I am able to understand that there is something good that is hidden in everything that happens. I am able to enjoy seeing only this positive aspect, filling me with positivity. So my happiness spreads around and touches the lives of those around me.

Daily Positive Thoughts: June 08, 2013: Shell



Pofai Bay, Bora Bora

Shell

Under the hardest shell, is a person who wants to be appreciated and loved.

Blessings are thought vibrations that can encourage, enlighten and empower.

Blessings are words of encouragement, that when filled with great love, make a huge difference.

Blessings can travel long distances. Somebody may be miles away but your blessings will still reach them.

The Benefits Of Togetherness Over Isolation

Nowadays, there are more and more people who are choosing to live alone. Perhaps the reason for that are experiences in the past of pain, peacelessness, rejection, disappointment or failure when living together, in a relationship or even more than one relationship. As a result, the preference for living alone sets inside them. Perhaps, it is their alternative search for peace, happiness and success that leads them to make this decision. Also, the belief that if you live alone, you are free and you can do what you want, when you want and without having to explain yourself to anyone. But are we, as human beings, basically by nature, meant to live together or to live alone? **Each human being has the need to belong and provide that feeling to others.** You can belong to a family, a group of friends, a bunch of close school or college students, some office colleagues, a club, a community, a religious group etc. **The mere presence of others; the participation, communication and collaboration with others; the assistance provided to others and received from them and the sharing of positive energy with others in a group; inspires and challenges us and others immensely. The same can happen, if we are staying alone, but to a limited extent.** Greater inner spiritual empowerment takes place inside those who live and work together, not those who distance themselves from others. In a group, we broaden our limits and make our heart bigger when we do things for others that we wouldn't do for ourselves.

Each human being is a source of love for others. It is a basic human nature to love and be loved, which is not possible unless there is some kind of unity or mutual belonging. Distancing or isolating oneself implies an absence of love, neither given or shared, neither received.

Soul Sustenance

Realizing The Law Of Karma

Many times one meets someone with the feeling of either attraction or repulsion and the thought "Where have I seen this person before?" What happens is that the soul recognizes the other soul, even though their bodies are different from the last time they met (in a previous birth). Someone may be a source of comfort or inspiration, while another for no apparent cause, causes a feeling of resentment, "Why does he treat me like this, I have never done anything to him?"

There are some, who even at a young age achieve extraordinary excellence in some branch of knowledge, art or music, while others in spite of their best efforts achieve nothing. Identical twins may be born to the same parents and have the same environment, food and education, but all their lives, their nature and "fortunes" will be completely different. All these examples can only be explained by the law of cause and effect (law of karma) over a series of births.

Message for the day

The one who is humble is always successful.

Expression: The one who is humble is free from desires and is in a state of appreciation and contentment of what he has. So he does not want to prove to himself that he is successful. He only enjoys the process of learning and progressing. He is never deterred by criticism and takes it in the right spirit.

Experience: Humility enables me to appreciate the effort put in by those around me. I would naturally be able to see the specialities in others and respect them for it. There would be no feeling of envy. So I would naturally be able to have the quality of contributing for the progress of others too.



280 M High, world's highest tennis court, Dubai

Constant Attention

Peace is not a passive attitude; it is an active state. It requires having constant attention in order to live and to respond as a peaceful being to any upset in life.

Our subconscious mind has no sense of humour, plays no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives.

Action Consciousness And Spiritual Consciousness

As the name suggests, to be a rajayogi means to be a practitioner of meditation, who with the practice of meditation is able become a ruler of the self. But on the other hand, **rajayoga is not restricted to learning to discipline the physical sense organs only but more importantly, of redirecting the energy of my thoughts, feelings, emotions, intellect and sanskaras in a positive and constructive way.** When these energies become positive, my karmas start becoming elevated. And how do I make

these energies positive? By performing actions while having a mental connection with the Supreme Being or by having a meditative consciousness while walking, interacting, cooking, driving or working - in fact, while doing anything. After all, meditation is specifically related to the use of the mind and intellect and does not require the use of the physical sense organs and so can be done alongside each karma in the day - only the form of meditation changes depending on the karma being performed. Just as we can remember other things and people while being involved in various activities throughout the day, we can keep our minds on our true spiritual self, the Supreme Being, churn different aspects of spiritual knowledge, remain focused on a single aspect of spiritual knowledge, etc. while performing karmas - these are all some of the different forms of meditation - there are more that can be practiced. Thus, **rajayoga can also be called karmayoga**. Karmayoga meaning the one who maintains the balance of meditation and karmas while being involved or busy in karmas.

Soul Sustenance

False Attachments

Are you aware that whenever you lose your true self-awareness (soul-consciousness), you will identify with and get attached to something that is not you? It could be another person, your work, or some material possession. Let's say you are attached to your job and one day, due to rising costs, your company decides to downsize and starts laying off thousands of its employees - all of a sudden you are asked to leave. The attachment to and identification with your position in the company, which has become a habit ("sanskara"), causes the creation of **fearful and angry thoughts** (e.g., "I'm going to lose my job" (fear related to the future) or "How dare they downsize the company and damage my position (anger towards the company and its leadership)). **The destructive energy of these thoughts becomes emotion (energy in motion) which then invades your entire mind so you cannot have clear and calm thoughts** (the prime requirement of that moment). **It hijacks your intellect so you cannot make correct, wise decisions and choices** (also the prime requirement of that moment) for the future. Any connection you had with your inner peace is broken. All this happens because you forgot who you really are and had begun to think you are what you do. When seen from the point of view of this example it sounds ridiculous that we should identify with what we do or what we have, but this is currently how the world and its people work. So, never forget who you truly are!

Message for the day

Real contentment spreads happiness to others too.

Expression: When one feels contentment but the others are not able to perceive that contentment, it means that it is not true contentment. Real contentment is visible in such a way that others too are able to feel the happiness that is created. When there is real contentment, all thoughts, words and actions are filled with quality.

Experience: When I am content, others automatically recognise the contentment within me. They are able to take benefit from my state. Even in the most hopeless state, I find that I become a source of support for those around me. I am able to give hope to the hopeless and help them get back to a state of happiness.



St. Patrick's Cathedral - the largest built in the Gothic Revival style, the U.S. Catholic Church. Located next to the Rockefeller Center in New York.

Laws Of Success

The greatest mistake - Giving up. The greatestcrippler - Fear. The greatest handicap - Ego. The most potent force - Positive. The greatest thought - God. The greatest victory - Victory over the self

Most of us think too much, especially about events and people, local and global, famous and not so famous. When we are always thinking about what is happening on the surface of life, the visible, then it is as if we are living a superficial life. Deep down inside there is a voice, a longing, a calling to depth. It's our heart, reminding us to visit, explore and express the depths of our ourselves. Going deep and being deep requires time spent in solitude, some periods of introversion and a conversation with ourselves. How on earth will we ever see what is in our heart unless we dive deep inside, switch on the light and look. Those who do will tell you it changes everything. What do they see? Simple, only beauty and truth. They are always there, waiting for us to return. Waiting to welcome us and to introduce ourselves to ourself.

The Significance Of Spiritual Energy

Humans live and express themselves by means of four energy forms:

Physical:

You breathe, eat and drink, and through this process you exchange atoms and molecules with the external environment and the inner environment of your body. A part of this energy will be used for growth and another part for physical movement.

Mental:

The energy and power of thought. This energy has a big influence over the origin of many illnesses, so much so that it has been estimated that as many as 85% of them are psychosomatic (directly or indirectly influenced by our state of the mind) in nature. Your thoughts are also the seeds of your feelings, your mood and your attitudes.

(To be continued tomorrow

Soul Sustenance

Negative Control And Domination In Relationships

In a lot many of the different types of relationships we find ourselves in, may they be our personal relationships or at the workplace, we sometimes feel ourselves to be in a position where we feel we are being dominated and controlled negatively by the opposite person. A very common example of the above negative energy, in personal and non-personal relationships, is when someone gets angry with you and manages to make you react and get upset, they manage to dominate you. Over a period of time they start realizing that they possess an invisible and powerful remote control, using which, whenever they want to control you, what they should do is to get angry with you and that way they will achieve the desired control. Their anger becomes a remote control. When you react you are allowing this control or allowing the other's remote control to work. It is you that chooses to allow yourself to be influenced and dominated. It is important for us to realize that we can choose and take the decision to allow ourselves to be controlled and dominated, or we can choose to express what we feel without being affected by the reaction of the other and still maintaining our love, respect and good wishes for the other.

Let us not allow ourselves to be dominated and influenced by entities external to us which includes objects and people or we will lose energy. **Each**

moment we allow another person's remote control to work successfully or we allow an object to control and dominate our emotional state, we weaken internally. We become like a puppet in the other person's hands. A puppet is never powerful because it does not act on its own but is controlled by someone else. We need to prevent that, if we want to conserve our energy and remain spiritually strong. Meditation and spiritual knowledge both increase our spiritual strength and also increase our self esteem or self respect over a period of time. Both these increases help us remain in self control and not only disallow the other's remote control to work but also become assertive (not aggressive) and take a stand when required.

Message for the day

To be a master means to use the right power at the right time.

Expression: To be a master means to be aware of the internal qualities that one has. Also it is the ability to use these qualities as and when required. That means to be able to give an order and put into use in a second whatever internal power or virtue that is required at that time. If there is an awareness of the positive quality, and not the ability to put it into use within a second, it would not be called total mastery.

Experience: When I am a master I am able to have an experience of having control over whatever is happening around me. Even if something comes up suddenly, I still am able to feel the control over the situation and make the best out of it. I neither feel helpless nor blame others for what is happening.



9th century Monastery of Tatev in southeastern Armenia

Introversion

Instead of speaking too much and wasting your energy, become experienced in the sweetness of introversion.

The way to become victorious is to face and overcome obstacles.

Throughout the day you would surely be coming across many situations where you have to face obstacles. Check your thoughts at that time. Is there a wish for the obstacle not to have come at all? If there are any such thoughts you will never be victorious. Take a thought in the morning, 'I am ready to face all the situations that the day brings even if they seem like obstacles. It is the duty of obstacles to come and it is my duty to become victorious. And if the obstacle never comes I can never call myself victorious.'

The Significance Of Spiritual Energy (cont.)

Humans live and express themselves by means of four energy forms. We had explained two (physical and mental) yesterday. The other two are:

Emotional:

This is related with how you feel, moody or happy, anxious or nervous. If your feelings are negative, it will end up affecting your body. Feelings of irritability, anxiety or tension can cause stomach ulcers. Along the same lines, with positive feelings you will be able to overcome any illness much more easily.

Spiritual:

This is related to our original qualities and values. It is the energy of the soul. Our perspective of the world will depend on the state of our conscience. Spiritual energy guides and provides quality to our thoughts, and that is why it is the highest in the hierarchy.

These energies (physical, mental, emotional and spiritual) form a hierarchy, in which physical energy is the lowest and spiritual energy the highest. If we are able to correctly channel the spiritual energy it will influence all the others in a positive way, beginning with our conscience, our feelings, and ending with our body.

Soul Sustenance**Is The Supreme Soul (God) Really Omnipresent (present everywhere)?**

Is it really true that the Supreme Soul (God) is present everywhere, in each atom in the entire universe? The sun is in one place yet its influence can be felt throughout the solar system to different degrees in different places, providing a source of heat and light, needs absolutely essential for our physical life. The closer one is to the sun, the greater the effect. In the same way God, the one who is the ocean of perfect characteristics, the source of all spiritual needs, does not have to be omnipresent (present everywhere) in order to be with us wherever we are. He can be in one location and we can still experience his closeness.

If God were literally omnipresent and thus in every atom, where is this love, peace, joy and wisdom? Are they present in every atom in this human world? If God is present inside me, how could ignorance have come to me in the first place? Can ignorance come to God? If God is omnipresent to where or to whom do I turn my thoughts? Just as a radio transmitter emanates waves throughout the world and a receiver, if tuned in, will pick them up, so too if the mind is tuned totally to the material world and physical activities, then I am unable to experience God practically in my daily life. Even though He

always radiates His qualities, I can only pick up those transmissions if I am soul-conscious and if I turn my thoughts in His direction to His location. If God were omnipresent, there would be no meaning to the tradition throughout all cultures to have special places set aside (e.g. temples and churches) for worship. In those special places, is God more omnipresent than in other non-sacred places? If God were omnipresent, are the ones who are so-called "God-realised beings" more "God" than the ones who have not realised?

(To be continued tomorrow)

Message for the day

Love and cooperation bring success in all tasks.

Expression: Love is reflected in the love that there is for the person and also for the task. When there is love for the person, there is the ability to give cooperation without any expectations or demands. And when there is love for the task there is the commitment for completing the task, whatever the obstacles that come up in the process of doing things.

Experience: When I am able to have love, I am able to receive hundred percent help and commitment from others too and so I am able to have the satisfaction of moving forward constantly. There is nothing difficult for me and I do everything with great ease. Not only is the task easy but also there is a spread of happiness and joy experienced by all who are involved in the task.



Cinque Terre - Italy

New Response

If you can see and accept that you create your own stress according to how you are responding, you will then see that there is something you need to unlearn as well as learn. The old response needs to be unlearned, and a new response needs to be learned.

Where there is zeal and enthusiasm, success is guaranteed.

If you are not able to experience success in all that you do, check if you are filled with enthusiasm or not. Also find out the reason for not being enthusiastic. This helps you to realize and overcome your weakness. In order to increase your own enthusiasm throughout the day, create an aim for yourself and see that you work towards this aim each day. When you find yourself progressing towards the aim you will become enthusiastic.

Anger Management

Keep a daily chart for one week for the questions below, the answers to which will help you manage emotions of anger, irritation, frustration, etc. more effectively. Review your progress at the end of each day and then at the end of one week. Having made your observations, make improvements for the next week. Keeping this chart for a month, will help you manage and overcome your anger much better.

1. During which event today did you get angry or irritated...even a little?
2. What was the type of your thoughts at that time?
3. Which negative thought/thoughts contributed to your stress the most?
4. What positive thoughts helped you to regain your calmness and composure?
5. How long did it take to regain your calmness?
6. Why did it take so long to regain your peace?
7. What would you do differently and more appropriately if the same scene happened tomorrow?

Soul Sustenance

Is The Supreme Soul (God) Really Omnipresent (present everywhere) – cont.?

If the Supreme Soul (God) were omnipresent there would be no need for knowledge and no need to search for peace. The One who is the ocean of peace and the ocean of knowledge would be everywhere. Perhaps the strongest point against the idea of literal omnipresence is the point of relationship. In the heart of every soul – there is a distinct memory - I am the child, God is my Father. If God is omnipresent, does that mean that the Father is present inside the child?

God is also the supreme teacher, guide, liberator, friend and purifier of human souls. That is why everyone turns their thoughts to Him in their hours of sorrow. The idea that God is omnipresent is indeed the ultimate excuse and greatest escape from responsibility of the mistakes that human souls have made and continue to make. After all, if God were omnipresent (present in everyone) He would be responsible for good as well as evil karmas that humans commit. An omnipresent God implies that we have nothing to complete in ourselves for we are already God. Am I really God? One could not seriously admit to such a claim. It is only through deep and concentrated meditation that one can enter the spiritual dimension where His presence is truly felt.

Message for the day

The power of good wishes enables disheartened ones to experience happiness.

Expression: The usual reaction to the negativity in another person is to behave negatively too, i.e., to express negative qualities. This continues although this does not bring about the desired change in the other person. On the other hand, when there is the ability to see the positive qualities in the other person and have good wishes based on that it becomes a source of power to bring about a change to positivity.

Experience: When I have the ability to give positive feelings and good wishes to the other person even when they are negative, they are able to get the power to change the negative to positive. I find that the change that I seek for in others is much more quicker and easier than if there is the emphasis just on negativity.

Daily Positive Thoughts: June 13, 2013: Noble



Rio de Janeiro, Brazil

Noble

Forgiveness is the noblest form of revenge.

Heal the rifts in your soul that have been caused by toxic relationships in the past.

Instead of rehashing the past, revisit the past with understanding. Can you learn anything from those relationships? Did you in any way allow or prolong the toxic behaviour? Were there any unfair expectations?

Open your heart and forgive yourself and the other person. Heal your heart, so that you're able to leave the past relationships in the past and move on.

Adopting A Wiser Perception

Depending on my choice of perception, I may see life as a battleground, where I face a constant battle from morning to night. The constant to and fro between family and work may tire me emotionally and mentally. If I let it and see it that way, life can also itself become the 'cause' or 'source' of my tensions. It may even seem as if the path of life is scattered with rocks blocking my way. Instead of stepping around or over them, I perceive them as being obstacles. The thoughts may come easily to my mind - 'If it was not for so-and-so or such-and-such, I would be able to...'. I may mention the same to my loved ones. Instead of bringing me any benefit, these complaints take me away from the power that I, the soul, have within of changing anything. I simply pass on my capacity to change, to persons or objects over whom or which I obviously have no control.

If I am fortunate to have a wiser perception which spirituality can give me, life can become a great place to learn and grow. Behind seemingly difficult situations are my major lessons. Disguised in routine tasks are the sign boards that point me back towards truth. **Relationships that bring with them repeated scenes of negativity with the same person and for the same reasons show me the weaknesses I have to work on.** Indeed, until I work on the eradication of my weaknesses, I keep repeating them. Challenges do come, but they help to bring out the best in me. **If I have the subtle eyes to see and the courage to go forward... life is a constant experience of reminders and benefits to progress along the road to my highest consciousness.**

Soul Sustenance

The Mental Microscope

When the lens of the intellect becomes refined (clean), it is able to examine many things in detail and work like a microscope. In the same way that a microscope is able to detect bacteria and the types of germ that cause particular types of disease, so too the intellect is able to use its microscopic capacity to detect those germs that cause emotional and spiritual illness inside the soul. For example, it is able to examine and understand that the illness of anger comes from the germ of expectation; that the illness of possessiveness comes from the germ of insecurity; the illness of aggression, or forcefulness, comes from the germ of fear and that the illness of stress stems from the germs of worry, doubt and greed. If the germs are seen and understood, then the illness can be cured through the application of appropriate knowledge and meditation.

Meditation, in the form of focused silence, acts like a spiritual laser dissolving the acquired germs and emerging the original healing energies of the self, such as peace and self-respect.

Without this focused silence, it is difficult to remove the germs, even if they are seen and understood. The original innate energy of the soul (mentioned above) is needed for any permanent cure.

Message for the day

To have faith that things will work out for the best means to ensure that they will.

Expression: To have faith that things will work out for the best means never to give up. Even if situations don't support and people don't give encouragement faith gives the ability to go on. Because of this there is recognition of even the not so visible resources and they are used for successfully completing the task.

Experience: When I have faith I am never discouraged by temporary failure, but am able to have the courage to move on towards success. I have constantly the satisfaction of giving my best. Because of my commitment and sincere effort, I find that situations and people too cooperate with me, bringing me success in whatever I undertake.



Orana Wildlife Park - New Zealand!

Easy Does It

Steer easily through life by keeping a light touch on the controls, and a strong sense of humour.

When you are content you can give the experience of contentment to others too.

Each day check if you are content with what you are doing. Also check if others are content with what you are doing in your life. If there is an experience of contentment within yourself others will be content with you. At the end of each day, make a mental list of all that you have attained for the day, things that you are happy about. This will enable you to be content even during the phase when things are not going so smooth, because you are able to look at the positive aspect too.

Natural Qualities and Acquired Qualities

When we look at ourselves from outside we can only see the surface of what we have become. We can't see or perhaps cannot even imagine the inner core (center), which, like in the example of the coconut, is the only part that really can nourish us and give us energy. The shell (in the case of the coconut) serves as a protection but we certainly can't eat it.

In our case, the core (center) consists of natural or **inner qualities** such as peace, love, power, truth, happiness and so on. The shell is the ego which consists of features or personality characteristics we have **acquired** through the journey of our lives such as experiences, abilities, memories, learning, habits and beliefs - in short, all that we are referring to when we say: 'I am so-and-so, from such-and-such family or organization or city'.

While we are limited to these acquired characteristics, our true qualities remain inaccessible. Through deep reflection and meditation we can break the shell and activate our inner qualities from which our values or principles are born.

Soul Sustenance

The Hurting Of The Ego

Almost everyday or every second day we come across a situation when someone says something to us which is not very pleasurable or we chose to perceive it to be so. In either case, we feel insulted and get upset as a result. In some cases we react and display our feelings. In some, we don't. In either case, the result is a depreciation (decrease) in our happiness index. Why does this happen? It's because you have created, attached to and identified with an image of yourself in your mind that does not match with how the other sees or perceives you, as a result of which you believe you have been insulted and you get upset. **As long as people's perception of you matches the image that you have created inside your mind of your self, you are content with them, but as soon as the opposite happens, even if its to a very small extent, you become disturbed, because you are attached to that image.** The more the attachment, the greater the hurt, the disturbance or reaction. You could examine this phenomenon very closely, taking place inside yourself everyday.

This kind of attachment mentioned above is called ego. **That's why the phenomenon explained above is called in common language 'the hurting of the ego'.** We commonly use the terms 'my ego got hurt' or 'I

think your ego got hurt'. **'You hurt my ego' is nothing but 'you hurt or harmed the image that I carry of myself with me each second everyday.'** Because I carry it with me all the time, I have become attached to it. e.g. If, on a particular day, you reach home late from office and your wife, who is angry with you, accuses of not being a family man and one who doesn't give enough time to her and the children. Your reasons for reaching home late may be genuine or not, your wife may be right or wrong on that particular day. In either case, you carry an image of yourself, all the time, as being a very loving, caring father and husband, who has been responsible for the all-round growth and development of the family in all respects since the family was created. Your wife's words basically pinch that invisible image, as a result of which you feel insulted and hurt and you react angrily, not necessarily in front of your wife, but it could be in front of someone else or even just internally. The image that we all carry of our selves is made of various traits or characteristics, obviously the characteristics of each one's self-created image are different. These characteristics of the image may or may not actually exist inside the real self, but whenever someone challenges any of those characteristics or tries to suggest to us that one of those characteristics is not ours or does not exist inside us, we react.

Message for the day

To be powerful is to fly easily over the biggest obstacle.

Expression: When there is an awareness of the inner strength, difficult circumstances seem very easy to cross over. Nothing seems difficult or as a big obstacle, but the inner strength gives the power to very easily and quickly cross over all difficult and challenging situations.

Experience: When I have the power to fly, i.e., to go above the situations, I do not feel the bondage of the situation. So when I am up above everything down below (even the biggest mountain) seems very tiny and insignificant. So there is quick and steady progress experienced even when there are difficult situations in my life.

Daily Positive Thoughts: June 15, 2013: Desires



The water spirals of Elakala Waterfalls ~ Blackwater Falls State Park, West Virginia

Desires

He who desires naught will always be free.

Instead of thinking of the situation, think of your own stage.

When you find yourself questioning the things that are happening in your life, ask yourself if your own stage is good. The situation might be bad, but check if your own stage is good and if you have the power to face the situation. The reason for losing the stage in a negative situation is because of negative thoughts. In order to finish such negative thoughts, remind yourself that you are learning from the things that are happening so that you can improve your own stage.

Overcoming Possessiveness And Complexes In Close Relationships

We are all aware and we all experience also that close knit family relationships are a constant source of happiness and love. But these relationships, many a times, also possess the capacity of bringing along with this love and joy, many different negative shades of **possessiveness and domination**, and **complexes and dependencies**. These are widespread ailments existing in our family relationships today, but which can be cured. Meditation is a very positive healing process which can cure the causes of these ailments, which exist inside the human souls. Once the causes are cured through meditation, relationships become extremely healthy, which provide the self from others and from the self to others, only and only positivity energy, in the form of positive and empowering thoughts, feelings, words and actions.

A common sign of these diseases is lack of respect for people close to us. As a result of an un-respectful consciousness, we sometimes behave with our nearest and dearest ones, like maybe our spouse or children or siblings (brothers or sisters) or parents, in such an offensive manner which we normally never and would not ever even think of showing towards people with whom we are not very close. It's not just a question of mannerisms, but of inner respect for the other. **So often in families, a particular fixed order in relationships, positions of higher and lower, positions of senior and junior, become established, leading to feelings of superiority and inferiority, the effects of which start penetrating in the relationships** e.g. the mother-in-law is very dominating and takes it for granted that she will be listened to by the son and daughter-in-law. Or an older brother or sister orders around a younger sibling, not giving him/her enough space in which to speak his or her own mind and express himself/herself, leading to an inferiority complex in the younger sibling. Or a wife is extremely possessive of the husband, not giving him enough personal freedom. **Once established, these behaviors become permanent sanskaras and tend to be carried with us through life, so that even when we have left the original family relationships and circumstances in which these behaviors existed, we bring the same**

personality traits into our new relationships and circumstances.

(To be continued tomorrow ...)

Soul Sustenance

The Five Primary Qualities

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives.

They are:

Peace

This is the original quality of the soul. Peace is serenity, the personal inner state of non-violence. In this state of peace, I harmonize with everything and everyone around me. The word 'shanti' means peace, and it is this thought (or word) we use as the key step in meditation.

Purity

A state of honesty and cleanliness where I am the same inside and outside, not deceiving either myself, or others. Consequently, there is no room for artificiality. Purity is the state of original truth where no violence is committed against others, nor can violence be committed against me. When the self is in its original purity, others cannot damage or destroy it, even if they try, because there is a natural aura of protection that acts as an invisible barrier. When I achieve this level of purity, it means I respect all things.

(To be continued tomorrow)

Message for the day

To have a big heart means never to be disheartened.

Expression: To have a big heart means to have good wishes constantly for others and to enable others to move forward through this. Even if someone with negative characteristics comes in front, there are no feelings of negativity as there is the power to accept and recognise their specialities.

Experience: I am able to be beyond confusion and doubt when I have a big heart. I am never caught up with the problems but am very easily able to find a way out. I am never disheartened even when I encounter the negative aspect

of someone. Instead I am able to very effectively and smoothly come out of the situation.



The Milky Way! Canyon lands National Park, Utah, USA

Truly Precious

More valuable than the things we give to each other are the gifts of virtues we pass on quietly to others through our selfless and noble actions. These gifts are truly precious because they are imperishable and they multiply the more we share them

Just as the body needs food each day, check if you are giving the nourishment of happiness for the wellbeing of the mind. When the mind is healthy with this regular diet, the body will remain healthy too. In the busy schedule of the day, make sure you make time for yourself. For at least a few minutes, do something that you enjoy and which relaxes your mind. It is essential that the mind is given the food it requires every day to keep it healthy.

Overcoming Possessiveness And Complexes In Close Relationships (cont.)

In yesterday's message, we talked about ailments like **possessiveness** and

complexes existing in our family relationships today. Today we explain how meditation can cure these ailments with much ease. As I practice meditation, which is nothing but a practical exercise of experiencing soul consciousness, I carry that experience into my relationships. While interacting with each one of my closest of relations, I start becoming aware of myself as an eternal soul, an actor on the unlimited stage of the world, playing my act through the physical body costume and I see each one with the same consciousness. Also the realization grows that the role I am playing with others now is only one small part of the whole painting of life. I don't know where I was, in which part of the painting and with whom, before I took this birth, nor where I will be afterwards. The same is true for those with whom I am close. Depending on the type of relationship, I do have a particular responsibility towards each one of them whilst we are playing our parts together, but this only lasts a short time within this eternal timeline e.g. as father and child, each has a particular role today, but who knows about yesterday or tomorrow?

In meditation, I stabilize in the consciousness that I am an eternal soul, and that all human beings are souls, members of a huge spiritual family. Roles will change, but as souls, we only have an **unlimited spiritual relation**, we are brothers, but have no other permanent physical relation. **Becoming aware of this spiritual wisdom protects me against limited feelings of 'my' mother, 'my' husband, 'my' sister and so on, where such feelings cause possessiveness and a desire to control, rather than pure spiritual love filled with equality.** All problems are reduced in relationships, when the personality trait inside me that tries to control others, or is controlled by others, is removed. Both of these are negative behaviors, caused due to lack of inner security, not true responsibility or concern. **By knowing myself as a soul, my self-respect returns and by seeing others in the same light, my respect for others returns.** From this strong soul-conscious spectator point, there is an inner detachment (but not a lack of love) inside me and I'll no longer feel a need to manipulate others or be manipulated by the other, but instead I will radiate pure feelings of genuine love, care and respect into my relationships. This causes the same energy to come back to me from my relationships.

Soul Sustenance

The Five Primary Qualities (cont.)

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives. We had discussed peace and purity yesterday. The others are:

Love

Perhaps the most difficult original quality to achieve because it has become so mixed up with attachment, possessiveness and dependence, deeply ingrained habits that have become accepted as normal. As a result, the human being finds it difficult to realize the true form of pure love, which is unconditional. The quality of love means "I care", "I share" and, in particular, "I liberate". True spiritual love never creates that need, or dependence, where others cannot find, or be, themselves.

Knowledge

To know and to be what I am eternally and truly, and to exist in this consciousness, is what we mean by knowledge. It is not knowing about the soul, peace, love, etc., but rather knowing is to be the soul, to be peace, to be love. This quality of true knowing is expressed through 'I am', the original awareness of the self that exists beyond the false self of ego.

(To be continued tomorrow)

Message for the day

Truth never needs to be proved.

Expression: When the truth of what is said is challenged, there is naturally a protest. Words spoken after that are usually defensive and argumentative. This leads only to waste talk and arguments because no one is willing to listen at that time. But truth is that which is revealed on its own and never needs to be proved.

Experience: When I recognise the fact that I am right and am aware of this, I never feel the need to prove it. I never argue my point but have the self-respect of what I am. So even if I am challenged I remain unaffected. I understand that a real diamond shines on even when it is lying with stones or covered with dust.



Maui, Hawaii

Power On

Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become fuzzy, and decisions are impregnated with doubt. Power is available inside and outside. Inside us we have a spiritual centre, at the core of our consciousness, pure radiant spiritual light. This is what we are. However it is now blocked by our attachments, the record of all our life experiences and many learned beliefs and perceptions. Outside us we have the sun of spirit, the source, invisible to our physical eyes but only one second away when we are able to quieten and focus our mind. Meditation connects us to both sources of power - that's why meditation is the way to access the real vitamins and the minerals that spirit craves. The

vitamin of pure love and the minerals of truth and wisdom. Take time to empower yourself today. Sit quietly and connect your mind to each source and allow yourself to recharge and renew.

Where there is no trace of laziness or carelessness, there is progress.

Check if you are finding progress in your life. If there is any kind of dissatisfaction, check if it is because of any kind of laziness or carelessness within you. In order to bring progress in your life, see that the weaknesses that retard your progress are removed. For that create an aim for yourself and work towards it. It could even be a very small aim that would help you move forward.

A Beautiful Meditation Experience

Every moment of every day is an opportunity to strengthen your ability to be soul conscious. The practical application of meditation means that you can move into this soul awareness wherever you are - while cooking, during a journey, in the middle of a conversation, while working in the office etc. **These are the basic steps to practice moving into a state of stillness and focusing your awareness.**

Sit in a comfortable but alert position wherever you are right now... Imagine your whole body is surrounded by an envelope of subtle light... See the light draw itself up to a point of focus above and behind your physical eyes... Be aware that you are that point of focus...

Just as you might stand absolutely still as you look through the windows of your home to see the street or garden outside... look through your eyes now as if they were windows... Be aware that you are not your eyes... you are the still point of awareness, a tiny sparkling star, the soul, looking through your eyes seeing the world out there... Remain still inside...

As you watch people and life moving around you, remain completely still... just watching without thinking about what you see... Then, in one split second 'narrow' your awareness to one small detail in the scene that you see... Hold that detail for a moment... Be free of any judgment or assessment of the detail... Just watch...just be aware... Then 'expand' your awareness to the entire scene once again... Remind yourself of who you are...the soul looking out through the windows of the eyes...completely still....focused...fully aware.

Soul Sustenance

The Five Primary Qualities (cont.)

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives. We have discussed four of the qualities in the last couple of days. The last one is:

Happiness

Happiness is the natural expression of joy in being alive and interacting with others. Happiness is only possible when I relate to myself and express respectfully what I am and allow others to share in what I am and what I have. I relate to people and nature and experience the fulfillment of human life through relationships.

In the meditation taught by the Brahma Kumaris, we absorb the rays of these five primary qualities from the Supreme Soul by concentrating on his point of divine light form in the incorporeal world (“paramdham” or “shantidham”). The absorption and the harmony of these basic qualities (peace, purity, love, knowledge and happiness) lead to the development of many more virtues inside us.

As we become aware of these five primary qualities, we gradually realize that each one of them has many characteristics.

e.g. we understand that love does not mean just a special feeling for one or two people. Spiritual love is far greater; it means respect, tolerance, forgiveness, compassion and flexibility; there is a universal feeling of belonging, an openness of heart, a generosity of spirit that is all-embracing.

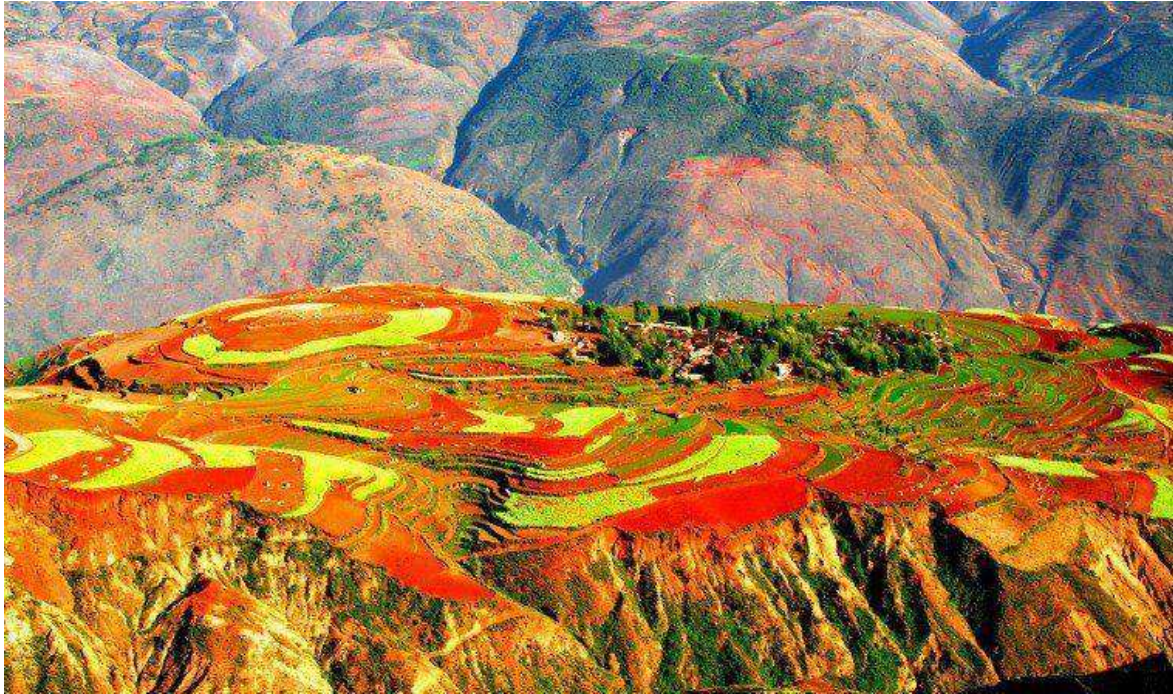
Message for the day

To be a leader means to invoke challenges.

Expression: Each challenge actually brings forth some hidden strength, some latent power. The one who is able to understand this, is able to face and in fact invoke challenges. Such a person with constant and unshaken faith moves on towards victory. Such a person becomes an inspiration for many and thus is a true leader.

Experience: When I know the art of facing and learning from challenges, I

am able to remain fearless in spite of the several challenges. Much more than that, I am able to actually have the courage to invoke challenges understanding the fact that challenges makes me stronger. So I am able to face challenges with great ease and enthusiasm.



Yunnan Dongchuan Red Soil, Most Beautiful Red Land in China

Forget All Waste

Forget all waste things from the past. To remember everything is to make your mind a dustbin.

To use one value with commitment is to guarantee the use of all values.

Values are related to each other as if they were members of a great family. For the one who is committed to one value is the one who is able to emerge the other connected values. Such a person is able to add quality to everything he does and speaks. When I am able to recognize my own special value and use it with commitment in my daily life, I am able to experience success in all I do. This is because I have the satisfaction of giving my best and of having added quality to everything I do.

Defining Success

Given below are some definitions of success:

* Feeling yourself to be full of inner contentment and happiness, with an optimistic mental state, without fear, happy and in a good mood. Being fine, in balance and at peace with oneself.

- * Finding meaning in what you do.
- * Discovering what will bring you closer to your dream.
- * Success is about more than just possessing; it is facing all situations, even the negative ones, transforming them into the positive and feeling yourself realized, personally and emotionally.
- * Having courage to take forward what you want, in spite of what you find against it.
- * Achieving in each moment the desired objectives at all levels of the inner being. Fulfilling set objectives and adopting a positive attitude.
- * Being able to be beyond noise i.e. experience silence wherever and whenever you wish to - silence being the key to all spiritual treasures.
- * Remaining humble in the wake of all achievements and glory that may come your way.
- * Not being afraid of failure.
- * Satisfaction at work.
- * In harmony with one's inner conscience (while performing all actions).

Tomorrow we shall discuss some factors that bring us closer to success.

Soul Sustenance

Experiencing Perfection And Success In Role Playing

Spirituality gives me the detached realization of being pure consciousness. This realization not only detaches me from my physical body, but also detaches me from the different roles I play through my physical body (male or female) and the different acts or scenes in each role, in one particular day or one particular lifetime. The roles may be many, the acts and the scenes may be many, but I am the actor playing the different roles and participating in the different acts. **There is great strength in experiencing myself as an actor as compared to the previous existence in which I used to lose myself and forget my spiritual identity completely while playing the different roles, identifying more with the roles and thinking myself**

to be the role instead of being a spiritual actor. An actor, even while in the midst of the most dramatic scenes, even whilst getting excited or emotional or angry, knows he is not the part itself, the part is just temporary. He knows he is something more than that, and that when the play is over, the role will not exist anymore. So, **even though I ‘play’ my role, I don’t cut off myself from the role and don’t leave my responsibilities, I need to adopt the ‘observer’ or ‘spectator’ or ‘detached’ consciousness instead of the ‘player’ consciousness. A player tends to get over-involved. So, the balance has to be maintained – I ‘play’ as well as remain detached. Only then the roles will be played to complete perfection and I will experience success in each role.**

If I'm able to protect and maintain my inner spiritual identity in each role, it's also much easier for me to **switch** roles. I switch roles so many times even in one particular day. **If I lose myself in a particular role, my mind and intellect tends to become limited and restricted to that role and I'm not able to see beyond the immediate needs of the role and I find it difficult to adapt to another role.** As a father, for example, I may also be called upon to play the different roles of husband or a Managing Director or a friend or a brother or a son or a son-in-law etc. Also many a times, for e.g. in the absence of the mother, I may have to play the role of the mother or in the absence of the Plant Manager in my company on a particular day, I may have to play his role, etc., both being roles that I do not normally play. I'll have a better chance of being able to fulfill all these roles if I don't get too caught up in any of the roles while playing them and remain in my spiritual consciousness while playing them. A spiritual consciousness will keep me detached.

Message for the day

True love means the ability to forgive and forget.

Expression: When there is love there is the ability to look at only specialties. Even if the other person makes a mistake, there is only the conscious awareness of his specialties. So it becomes easy to forgive the mistake committed by him. When there is real forgiveness the mistake is totally forgotten and the future interactions with that person are free from the negative attitude.

Experience: When I am able to forgive the mistakes made by others, I am able to forget them easily also. So my mind is free from the burden of waste of all the past mistakes. So I am able to be light even when I am faced with the

negativity of the other person. I am never caught up with attitudes about people so I am successful in my relationship with others.

Daily Positive Thoughts: June 19, 2013: Thoughts are like seeds



Tulip Fields Netherlands

Thoughts are like seeds

When you sow a thought you reap an action, when you sow an action you reap a habit, when you sow a habit you reap a character and when you sow a character you reap a destiny. Thoughts are like seeds. You cannot sow the seed of one plant and get another: thistles will never produce daffodils! When your thoughts are positive, powerful and constructive, your life will reflect this.

When you have the right balance between being careful and cheerful you can be successful.

In all that you do check if you are being careful and cheerful at the same time. Check if you are losing your cheer because of being careful or vice versa. When there is a balance of both can you be successful. While you are in all your activities, try to be as careful as possible and at the same time, be cheerful. In order to do that, see each and every situation in a detached way. Also keep doing your best and leave the rest. When you are not dependent on the result you can be cheerful.

Factors That Bring Us Closer To Success

Given below are some factors that bring us closer to success:

- * High self-esteem.
- * Constancy.
- * Courage and determination.
- * Integrity and honesty.
- * Self-acceptance and acceptance of others.
- * Believing in what you do, regardless of external factors.
- * Responsibility.
- * Dedication, determination and tranquility.
- * Being positive in the face of adversities (negative circumstances).
- * Being consistent with your values.
- * Precision in decisions and choices.
- * Focus.
- * Performing all karmas with love and happiness.
- * Giving the maximum of yourself in everything you do.
- * Creativity.
- * Thoughts and actions in tune with each other.
- * Appreciation and blessings (good wishes) from others.
- * Gratitude toward oneself and others.

Soul Sustenance

The Distinction (Difference) Between Human Souls And The Supreme Soul (God)

Human Souls: They take human bodies and experience birth, life and death.

Supreme Soul: Never comes into the cycle of birth and death.

Human Souls: They are subject to change and the dualities of pleasure and pain, growth and decay, happiness and sorrow.

Supreme Soul: Changeless. The One beyond the above dualities.

Human Souls: They remember and then forget their original pure nature.
Supreme Soul: God is always the ocean of knowledge; he does not come in the cycle of remembering and forgetting.

Human Souls: They are seekers of peace and happiness.
Supreme Soul: God is the One whom everyone seeks (longs for). He is the bestower (giver) of peace and happiness to everyone.

(To be continued tomorrow)

Message for the day

Cleanliness means no waste within.

Expression: To be totally clean means there is not a trace of negativity or waste within. Even in the most complicated situations there is clarity within. The mind is clear and clean so there is clarity in words and actions also. Every decision is taken with a clear mind and so whatever is done is naturally accurate.

Experience: When there is cleanliness in the heart, I am able to win the love of those around me and also of God. I find that I become a mirror for the others and they are able to see their own perfection through me. I also find that I am able to save a lot of time as I am able to see things for what they are and because there is clarity in my thoughts.



Fantastic temples of Ta Prohm/Angkor in Cambodia

Why Worry, Have Faith.

I can make a hobby out of worrying. I worry about the noise and then complain when it is too quiet. I worry about having too many sunny dry spells and then complain when it rains. I may even be worried about worrying too much. It is essential to take an honest interest in what goes on around me, and of course it is always wise to analyze a situation and take the necessary precautions to avoid being influenced by anything negative. However, when all is said and done, my tense and burdened mind will 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.

Have the power of realization and you will be able to change yourself easily.

When something goes wrong, check if you are only blaming others for the mistake. Also check if you are able to realize your own mistake, however small it may be. Each time something goes wrong, make sure you make time to look at yourself. Realize your own part in the situation and tell yourself what you should be doing to make the situation better, for only when you change does the situation change.

Understanding Different Types Of Actions

There are essentially three types of actions or karmas:

Negative actions (vikarmas) are actions done under the influence of the consciousness of the body. When we identify with our body and think we are only our physical form, we think happiness is a physical experience and we seek self-satisfaction and fulfillment through physical experiences. Our sense organs like eyes, ears, etc. are designed to consume external sources of stimulation or excitement, so we develop the habit of taking and forget that everything we take must be given back some day in some way. The resulting dependencies give rise to tension and anxiety, generating thoughts like, "Can I have more?" or "What if I don't get more?" Dependencies then get converted into addictions. Any physical addiction traps the soul, inner freedom is lost and real happiness is impossible. There is always the possibility that whatever we become used to being able to take or consume may finish, or stop being available, and so fear is ever present. It is here that we find the birth of stress in its most common forms.

When our sense of self and our security are both based on our position, possessions, pay or another person, then life's daily events can easily represent a threat to any of these things, thereby affecting our sense of security in the world. The resulting fearful and angry thoughts and the negative actions which follow cause a negative karmic debt to be accumulated.

(To be continued tomorrow ...)

Soul Sustenance

The Distinction (Difference) Between Human Souls And The Supreme Soul (God) – cont.

Human Souls: They have physical bodies.

Supreme Soul: God's form is incorporeal (point of spiritual energy).

Human Souls: They cannot liberate humanity.

Supreme Soul: God is the uplifter of all.

Human Souls: They become impure through body-consciousness.

Supreme Soul: God is the purifier.

Human Souls: They are caught up by the present, have distorted (misunderstood) knowledge of the past (since they come in the process of birth and rebirth) and no accurate knowledge of the future.

Supreme Soul: God is the knower of the three aspects of time (past, present and future).

Human Souls: They are takers.

Supreme Soul: God is the giver, He takes nothing.

Message for the day

To fail means there is the need to work a little harder.

Expression: To fail doesn't mean to be a failure but it only means that it will take a little longer before success can be reached. It gives an indication that more effort has to be put in. So when things are done in a different way, it becomes possible to move towards success. Failure in a particular task is a process of strengthening that leads to success.

Experience: During the time of failure, when I understand the significance behind the incident, I am able to be free from negative feelings of fear or disheartenment. Then I am able to learn the right lesson from it and move ahead. So in the worst failures I am able to experience constant progress and thus I find that I am moving on towards success.



Paradise Island in the Maldives

Enjoy

When I finish this project, then I will be happy! When this situation is resolved, I will be fine. When I reach my goal, I will finally relax, be peaceful! To surf in the Ocean is to understand where the waves are coming from and which ones to take. Maybe what life is asking of you is different from the responses you were trained to give to it. To be successful in the Ocean needs effort and positioning. Catch the right wave. The objective of the surfer is to enjoy the ride, to have fun. In the same way, do not postpone your happiness; enjoy whatever comes your way.

In order to bring about a fundamental (major) change three elements need to exist simultaneously:

Focus: A clear sense of purpose in life and clear goals to guide your life's activities.

Will: The motivation and enthusiasm to introduce and sustain the actions.

Capabilities: The skills and abilities to fulfill your purpose and goals.

But where do you start? There is definitely a right place to begin and that is with your focus. Why? Because if your focus is powerful and based on a very deep sense of your inner most purpose in life, then that will provide you with the will power you need to keep going. Then if you have a clear driving focus in life and lots of will power to back it up, you will soon develop the skills and capabilities you need to make it happen. You may not have them yourself, but your enthusiasm and passion will certainly inspire others who do have them to join you.

Understanding Different Types Of Actions

We had explained **negative actions (vikarmas)** yesterday. Today we continue to explain the same:

Any actions motivated by greed or attachment are what we could call sinful actions, where the meaning of sin is simply to forget who we are. When we forget who we are i.e. eternal souls, our actions arise from a false belief of who we are and those actions are therefore inaccurate and negative, often destructive. Our capacity to be loving, peaceful and contented is reduced. Although we grow used to tension, dissatisfaction and being upset, we don't realize that these emotions have their roots in forgetfulness of the true self. Over time, the record of all thoughts and actions, which are driven by these negative inner states, accumulates within our consciousness and heaviness sets in.

Negative action is also a result of misuse or abuse of one or another aspect in our life: of the body, of relationships, of wealth, of our thoughts, etc. Taken on a simple level, if we keep eating lots of ice cream and do no physical exercise, it is certain that we will gain weight at some point in our life. Our bodies are not designed to take in more calories than they burn, producing a negative result. We are able to see the results of our actions on a physical level, but it is not so easy to see the negative results of our actions on a mental and emotional level.

Neutral actions (akarmas) involve routine tasks which do not normally negatively affect others: working in the office, cooking food, going to the market for shopping, etc. However, even those actions, if carried out in a state of body-consciousness, can easily become negative on a subtle level and a further debt or heaviness may be accumulated.

(To be continued tomorrow ...)

Soul Sustenance

Overcoming Mood Swings

At each moment of the day, we have the capability to feel something. Our feelings vary throughout the course of the day. Sometimes they are joyful and sometimes they are painful. What we forget to do is to choose our feelings consciously. Instead, many of us have become lazy and allowed our feelings to be dictated and shaped by people and circumstances. In other words, we have become influenced. **Our swinging, changing moods are the result of the inner karma of becoming attached to things, people, ideas and circumstances.** If we are attached to a person and suddenly he/she leaves us we will feel gloomy and our mood of sadness will drain our energy just when we need to remain optimistic and enthusiastic about the future. Any form of loss will bring about a mood of sadness. If this sadness lasts for a long period of time, it will gradually turn into depression.

When we think we are consider the world around us to be our source of happiness and joy, our moods will fluctuate, even with the changing weather. **But when we are spiritually empowered or strong our happiness and joy come from inside.** We are stable in the face of praise or insult, loss or gain. We are no longer moody and stability becomes our basic nature. We are in control of our life, our feelings. And while we cannot control the waves of the ocean of life around us, we can control and choose how we will respond to outer events and people. When we do that, we will be able to choose what we feel, regardless of what may happen in our life. Life stops being a rollercoaster and becomes more of a cruise, less a storm and more a gentle breeze.

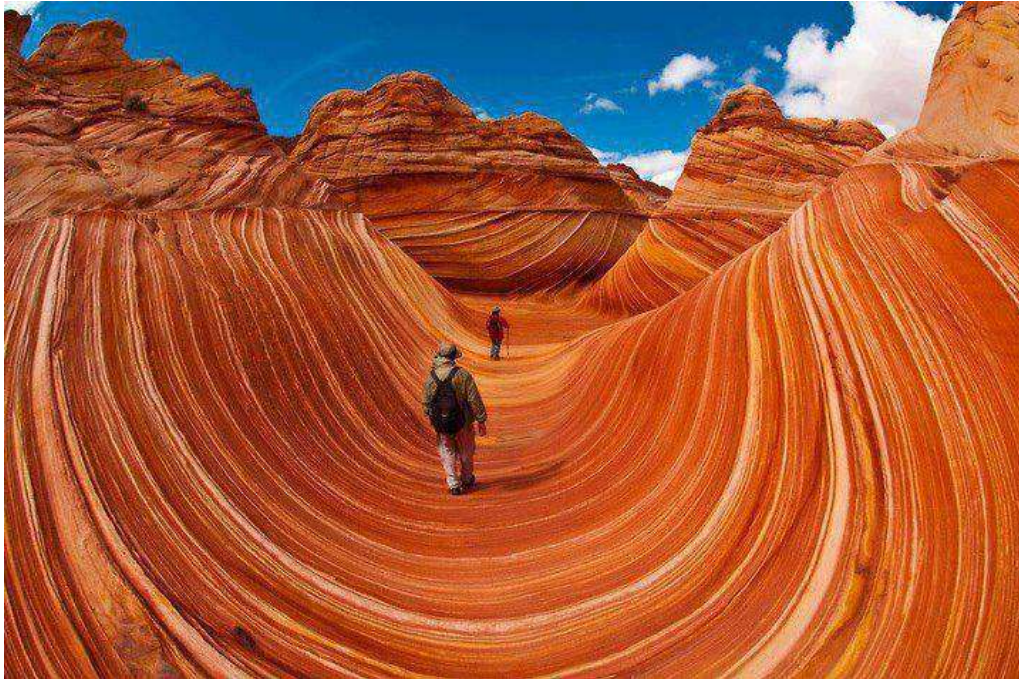
Message for the day

To work with joy is to be free from tiredness.

Expression: When there is the happiness and joy of doing something, one can go on putting in effort even in the most difficult circumstances. For having done everything with happiness, there will be the inner quality revealed in each and every task. The happiness within will spread around to others too.

Experience: As I never leave my inner joy, and am constantly in touch with my inner qualities, I am able to enjoy everything that life brings. Nothing will then be experienced as work, but I feel everything to be entertainment. I will

be able to enjoy the richness of life even when there is something actually difficult.



The wave, Arizona

Listen In

Only when we find the quietness in our own minds can we begin to hear our inner teacher, so that we may receive some in-tuition. Only when we are ready to recognize and value the wisdom that we carry at the core of our being will we turn our attention inwards and 'listen in'. But it's been a long time since we truly listened, so a little practice and patience will be needed. Sit down, be quiet and listen in at some point today and you might be surprised at what you hear. Then do it again tomorrow. All you need to do is remember that you are the listener and not the noise.

When your feelings are pure and elevated, even negative becomes positive.

Check how much of negativity you find in your life during the whole day. Also when you come across something negative, in the form of a situation or a person, check your own thoughts. Are they negative or positive? In order to transform negative to positive, take such a thought that is beneficial to all. When you change your thoughts in this way into pure and elevated ones, you'll find your own situation changing from negative to positive.

Understanding Different Types Of Actions (cont.)

We have explained **negative actions (vikarmas)** and **neutral actions**

(akarmas) over the last couple of days. Today we explain:

Positive actions (sukarmas) are actions done in a state of being soul-conscious. We are aware that we are spirit and that we have the spiritual energy of peace, love and happiness inside us. We are free from wanting anything from outside ourselves. We do not look for peace and happiness from outer conditions, as we now know and experience them, through meditation, as inner states of the soul. We have reversed the flow of our energies from taking to giving. Aware that we are eternal and un-destroyable souls, we are not threatened by others in any way. We can see the best in everyone and encourage their full potential and their spiritual qualities to blossom. We are also able to move consciously into a spiritual state of our choice. We can be powerful, joyful, insightful or full of love by choice. We know that whatever spiritual state of being we choose, that state radiates towards others without effort. Our thoughts, attitudes and actions are all reflections of our state of the soul.

However, it's not that we become full of love or generous towards others because we want some positive energy in return. If we give with the hidden desire or expectation for a return, our motive and actions are not soul-conscious. In an enlightened state, while we know that whatever we give will return to us, we are simply giving from our heart. It is the highest energy of the soul. There are no conditions placed.

The most significant actions carried out in a state of soul-consciousness will always bring spiritual benefit to others. The greatest thing we can do for others is to help them to rediscover both their soul-consciousness and their link with the Supreme Soul. We do not attempt to force spiritual knowledge and meditation on another or expect that they must accept this, but we can be instrumental in helping others to see how they can set themselves free from false beliefs and to reconnect them with the Supreme Being. This is the highest karma.

Soul Sustenance

Tapping Guidance From The Supreme Intellect

There are many occasions in my day-to-day life when I am not sure as to what my next course of action should be in that particular situation. The intellect is the faculty inside the soul which normally takes all decisions for the soul. **But sometimes the intellect is clouded by my own or others' sanskaras, beliefs, opinions, inclinations, assumptions, thoughts, actions, past**

experiences. In such a situation, I require the guidance of an entity who is above the whole situation and is seeing it as a spectator or observer and is not a player in the situation, someone who is the knower of the three aspects of time (the past, present and the future), someone who can see the situation from all dimensions, someone who is beyond all influences and is impartial, someone who is extremely pure and clear, someone who knows me more than I know myself, someone who knows my benefit and harm more than I know it myself, someone who is concerned for my well being the most. No human entity can qualify all these requirements. Thus to proceed in such a situation, it's good to take the guidance from the intellect of someone who fulfills all these criteria. That someone is no one except the Supreme Being or God, who is the entity possessing the most powerful intellect, and intellect with the most perfect judgment power. Sometimes my mind and intellect is absolutely clean and clear and I am 100% sure about my right course of action for the future, but even in those times its good to verify the course of action from a higher authority.

So, in those times, it is very important to connect for a few minutes with the Supreme, who is an Energy of Unlimited Truth. Then, the question to ask myself at that time is not what do I want, or what do others want, but most importantly: What does the Supreme want, what is his wish, what is his perception of the situation? **The deeper my connection with Him in meditation, the clearer the answer will come. When it becomes a regular practice, it will be as simple as taking guidance from my physical parent or spouse or friend. I'll know without wasting time and energy, the right course of action.** Sometimes it may happen that the answer may not come to me immediately, but by connecting my intellect with the Supreme's intellect my intellect will become clear, which will help me take the right decision. Also, in some cases the Supreme may not respond immediately but may guide me through some other medium, whether living or non-living after some time or even after a day or two.

Message for the day

Greatness lies in being humble.

Expression: A seed grows only when it is mingled with the mud. In the same way, the one who is great is naturally humble. He understands the truth that only when there is humility will there be success. Humility gives the power to bow down without reducing one's own self-respect.

Experience: When I am humble I am able to experience my own inner greatness, which naturally keeps me set on the seat of my self-respect. So when the situation demands, I have no problem bowing down. So I am able to allow the situations to work on me, so I am able to strengthen myself from within under all circumstances.

Daily Positive Thoughts: June 23, 2013: Secret



On the Edge, Trolltunga, Norway..

The Secret

The secret is to want nothing.

Within us we have the possibility of observing and intervening (interfering) when we wish to;

that is, maintaining the balance between being an observer and acting; playing between forming part of the audience and being the actor. On being actors, sometimes we can lose ourselves in the acting of the other in his or her or their dramas; we get in so deep with what is happening to the other that we lose distance. We get mentally and emotionally involved in the other's stories. When our awareness gets lost in those stories, we stop being the creators of our own life and of our own story. This habit exhausts us; we lose energy; we lose our concentration and control over our thoughts and our emotions. We lose our inner peace and we begin to look for it again.

We can choose to observe the dance of ideas, images and acts of others, and not get involved in their complications. Only thus will we be at peace with ourselves and with the world. Remember that you create your own story. If you want to live in peace and exercise a positive influence on the people around you, don't try to control or to change the stories of others. In order to enjoy a painting you do not poke your nose onto it; you remain at a certain distance so you see it with greater clarity. The same thing occurs with the painting of life. By learning the art of being a detached observer and then intervening, of keeping a healthy distance, we manage to be connected with what is essential without losing ourselves in the waste and superfluous (excessive). That way, our intervention does not arise out of a reaction which has shades of frustration, anger and negative judgements. We are then the creators of spaces of trust and love in relationship.

Understanding The Inner Mechanism Of Anger

If we think, speak and act in an angry way, we leave an impression or memory of anger within our own consciousness which results in sanskara of anger to be born. Within the sanskara is the recorded emotion and experience of our expression towards the object of our anger. The object is a particular person or situation. If we encounter the object of our anger the next day, it will trigger the emergence the recorded anger from within the sanskara. We then deepen the sanskara as we express more anger, even if we only 'think' anger. The emergence of this emotional energy from within our consciousness then stops us from interacting in a positive way. It clouds our mind and confuses our intellect, weakening and distorting our thoughts, decisions and behaviour. This often explains why we find it harder to connect and communicate with certain people in our life. Essentially we are carrying a negative image of the other person within our sanskara from a previous interaction with them. And

when we see them again it emerges the energy within the sanskara, which then influences our ability to respond to them.

Soul Sustenance

The Law of Surrender

According to what or whom your mind thinks consistently of, you will take on the form of the object or the person to which you have surrendered. We can see this in children, when they transfer their minds to actors they see on television, and then begin to behave like them.

What is the highest form to which we can surrender our self? There may be several answers to this question in our mind. Choose the truth from among them. So what is the truth?

Spirituality gives us answers to questions like: Who am I? Who is the Supreme Being? What is my relationship with him? Where do I come from? Where am I going? What is the purpose of my existence? What is the importance of the present time? How can the Supreme Being empower me at the present time?

The answers to these questions show us the way to surrendering our mind to the Supreme Being, which is the highest entity to which we can surrender. When we do that, gradually we get colored by his knowledge, virtues and powers.

Message for the day

The power to merge brings success in relationships.

Expression: The speciality of the ocean is to merge. The most beautiful pearl is made of the dirt that is thrown into the ocean. So also the power to merge actually allows one to look at the positivity in spite of the obvious negativity that is expressed by the other person. So the relationship with the other person is only with their positivity.

Experience: When I am able to merge the negativity of others, and look at the positive aspect in them instead, I can automatically experience being light and positive within. Also I find others relating to me with their positivity. I am able to be successful in my relationship with others, however difficult the personality traits of the other person may be.



Monet's Garden, Giverny, France

Change

It is wise to bend rather than to break. Those who change will get spiritual wisdom. Conversely, those who have wisdom will decide to change. Change is the first law of Nature.

With the right balance between discipline and love you will not waste your energy through words.

When you have to give directions to others or correct someone's mistakes, check if you are using more words than necessary and if you have the right balance between discipline and love. The right balance is to use words in a firm way, at the same time to have an attitude of love. When giving directions to someone, make sure you have the practice of having the right attitude towards that person. Where the attitude is of love, you'll find yourself accomplishing what you have to with few words.

Experiencing Freedom In Relationships

How much are you influenced by what others think of you and how they see

you? The degree to which you act on the basis of what you think others want and expect of you, allows them to have power over your inner and outer world.

Important aspects are **how you think others see you, how you want them to see you and how you see yourself**. The person who is not conditioned by how others see them, and doesn't even think about how they would like to be seen, but who rather is comfortable with themselves, has a presence that generates comfort. Others feel fine around that person.

Let us learn to free ourselves from the conditionings that generate the thinking of how we want others to see us. Let us feel the freedom to let ourselves be how we want to be.

Try it and you will see that the results are amazing. That way, as you go along, you will take off the masks that you wear due to the fears of what others will say and think.

Soul Sustenance

Understanding And Overcoming Fears

We are all afraid of something. We all have fears at some point or other during our lives, and one fear brings about other fears. For example, the fear of death brings about the fear of illness or the fear of accidents. The fear of rejection comes from the fear of being perceived as different. The fear of success or standing out comes of the fear of relating to people. From the fear of failure comes the fear of making mistakes; the fear of taking on risks; the fear of taking decisions, the fear of not being recognized at work. The fear of others includes the fear of the anger and aggressiveness in others, fear that they might reject you, fear that they might judge you.

Eliminating fears and liberating the mind requires a broad knowledge of how our mind and spirit work. Our spiritual conscience has to awaken for us to realize what the origin of our fears is and how to overcome them from the root. Fears are like a tree; we can cut off a branch, but then other branches or fears will grow. We have to go to the root and, even, the seed, to overcome the fears.

Tomorrow we shall list out some of the common fears.

(To be continued tomorrow ...)

Message for the day

To understand and accept people's ideas is to increase the power of unity.

Expression: When one suggests something and the other accepts, it gives power to the gathering. So instead of expecting others to accept suggestions, it is better to understand and provide with what the other person needs. The more something is given with generosity there is happiness for the one who is receiving and for the one who is giving. And there is power because of being together in the task.

Experience: If I take something with force I find that others give it to me only temporarily. Instead if I give with happiness, I find that others are able to share with me with happiness. So what I give, I find, remains with me permanently. So there is an experience of fullness and the happiness of having attained even while giving. And with this I am able to experience the power of unity, and the joy of doing things together.



Supercell Stormcloud

Eye of the Storm

A wise sea captain caught in a tropical storm knows that if he holds his vessel on the periphery it will get hurled from one side to the other. If he can reach the eye of the storm, he will enter a place of stillness. The storm will then subside and the ship can continue its journey. Similarly, when everything around me is changing in a very intense way, the best place for me to seek shelter and refuge is not on the outside, but deep within the self, where I can get in touch with my own inner being, find strength and stability, then come out and do whatever it is I need to.

Humility dismisses nothing, rather, it takes even small things into consideration. It recognizes that whatever life presents, needs to be respected. Small things are easily found in something big, but inside little things there is often greatness.

Tuning The Mind, Intellect And Personality

The soul, is made up of three faculties - the mind, intellect and personality (sanskars). In order to tune these to the highest degree of subtlety, precision and efficiency; we need to connect with the Supreme Soul, who is also a soul, just like us, but has a perfect mind and intellect along with perfect sanskars:

Mind - The Supreme Being or God is an embodiment of positivity - negative and waste do not find a place in his mind.

Intellect - He is also the purest living energy in the entire universe - he is the innocent Lord; a being of conscious light, who has never taken a body and thus never experienced the five vices - lust, anger, greed, ego and attachment.

Personality (sanskars) - God is the ocean of the basic virtues of the soul and of humanity - peace, love, bliss, joy, power and purity.

By this connection, gradually over a period of time, our mind, intellect and sanskars begin to become like his - mind becomes full of positivity; intellect begins to become pure and is able to take correct decisions so that right karmas are performed and sanskars become full of the virtues mentioned above.

Soul Sustenance

Understanding And Overcoming Fears (cont.)

Listed below are some of our common fears:

- Dying
- Getting ill
- The unknown
- Loneliness
- Other people
- Authority
- Being rejected
- Being hurt
- Failure
- Change
- The future
- Being
- Being free
- Thinking and being in a different way

- Losing control
- Dreaming and making our dreams real

From these fears many other fears and blockages emerge.

Message for the day

The power of realisation brings permanent transformation

Expression: To have the power of realisation means to have the power to understand what is right and to have the commitment to the right thing. So, if a mistake is committed, when there is the realisation, there is easy and permanent transformation. So the same mistake is never committed again.

Experience: When I have the power of realisation, I will never experience difficulty in bringing about a change, because I have actually understood the importance of bringing about change.



Super Full Moon over Espejo, Andalusia, Spain.

Laws Of Success

The greatest mistake - Giving up.
The greatestcrippler - Fear.
The greatest handicap - Ego.
The most potent force - Positive.
The greatest thought - God.
The greatest victory - Victory over the self.

When you remove the weaknesses within you, you will never become an obstacle for your own or others' progress.

Check if anyone considers you an obstacle in any task. If so check if this is because of your own weakness. Also check if there is any weakness within you that is stopping your own progress. Each day take a thought, " I am the one who helps others to progress. I have no weakness that stops or retards the progress of others. When you practice in this way, you will find yourself free from the weakness.

Overcoming Sorrow By Regaining My Original Texture Of Purity

Unless the soul regains its original sanskars of purity, it cannot escape

suffering and grief. Purity is the foundation of peace and bliss. And for purity the soul requires the removal of every trace of negativity. Souls are burdened with the accumulated negative sanskars of their previous births, the extent of which varies from soul to soul. According to the law of karma, the soul has to experience suffering as a result of its wrongful acts. **A pure soul does not suffer. The evidence that most human beings are bearing sorrow in some form or the other shows that nowadays souls are carrying a load of negative sanskars resulting from wrong actions committed in this and their past lives.**

A question can be asked, "Can a soul be relieved of all its past negative actions through suffering for the same in its present life?" Not really, because due to the cyclic nature of the thought process there is a cumulative effect of negative sanskars which forces the soul to perform more negative actions than it can clear through suffering. That is why the degrees of purity of the soul decrease continuously. The downfall becomes steeper due to the cumulative effect of vices. Negative sanskars give rise to negative thoughts which lead to negative actions, resulting in the formation of still more negative sanskars. Thus, souls are caught in a downward spiral from which they are unable to release themselves. **Meditation, however, opens the door to God, and through rising above all physical laws, one can set oneself free from the effects of all wrong actions.** Through connection with the purest Supreme Soul, the sanskars of the soul are automatically purified and it moves further towards its original state of purity, peace and bliss.

Soul Sustenance

Different Shades Of Attachment To Opinions And Ideas

Very often in a group or team, whether social or official, while moving towards a common goal or objective or purpose, different people in the group or gathering give their opinion to make the objective of the team possible. While giving their opinion, one very commonly sees two different categories of people. The first category contains type of people who are attached to their ideas (to different extents) while presenting them to the group and the other contains type of people who are extremely active, positive and authoritative in giving their ideas, when they are required to do so, but are able to keep a relationship of detachment with their ideas.

If someone is attached to his/her idea and it is not accepted, he/she might react emotionally (internally) or even physically (externally). He/she:

- * might even start creating disharmony in the group by talking against or creating ill-feelings for the person who objected to his idea or**
 - * might stop co-operating with the remaining members of the group or**
 - * sometimes may just disassociate or distance himself/herself from the group, which is a quiet way of non co-operation and can cause ripples of negative thoughts and feelings in the others.**
- These and others are some of the common reactions of someone whose idea/ideas are not accepted.

So the right balance of authority (while giving the idea) and humility (while accepting the result of the idea, the result could be rejection or even acceptance of the idea) has to be maintained. Humility comes very naturally to someone who is detached to his/her idea.

(To be continued tomorrow...)

Message for the day

The true joy of living lies in the ability to enjoy the present moment.

Expression: The one who is able to remain in the present is able to learn from the past and bring out the best from the self. Also there is a clear vision of the future, so all the energies are directed towards that vision. The mind is neither totally caught up with the past nor with the future. Since there is attention on the present moment, there is the ability to use it to the fullest extent.

Experience: When I am in the present I am able to remain in the awareness of the gifts of the present. Having learnt from the past I am able to enrich myself from the different experiences that I have had. As I am also clear about where I have to go, I enjoy the journey and also move on towards constant success.



Antigua, Caribbean islands

Enthusiasm

Greet life with enthusiasm and confidence by constantly maintaining the awareness of how cherished you are.

Become an embodiment of solutions by discovering the cause of waste thoughts.

Throughout the day, when faced with any problems check if you are having waste thoughts. Also check the cause of the waste thoughts. Usually the cause would be either because you see your own weakness or because you perceive the negativity in either another person or situation. Instead of trying to avoid waste thoughts, make the practice of transforming the thoughts after you have discovered the cause. In this way you will be able to find solutions to all situations.

The Three Root Causes Of Anger

Any time we sense irritation, frustration or anger emerging inside our consciousness, if we take a close look at it, we will notice we are fighting a war in our consciousness with one of these three: either with **another person**, most obviously or with **the past** or with **our self**.

We are at war with the past because our anger is always towards something that has already happened and looking at it we react emotionally which means we are trying to change it, which is impossible. Any scene that has taken place a year ago, a month ago or even a second ago cannot be changed. We may be completely convinced and we may believe we can. That's because we hold this belief subconsciously. Somewhere and sometime in the past, we have picked up and absorbed the belief that the world and its circumstances should shape up exactly as we want.

When our internal desire of a certain type of circumstances is not fulfilled, or in other words something against this belief happens, our instant reaction is one of the various forms of anger and we tend to try and change the incident that has happened in a far-off past or a past that has just gone by. We keep replaying a revised incident, with words and actions that we would have liked and that suit our convenience and we also keep nullifying the actual incident or remain in a un-acceptance mode towards it. This is like fighting a war with the incident. We tend to do this inside our minds, repeatedly, even realizing somewhere deep within, that it is impossible.

(To be continued tomorrow...)

Soul Sustenance

Different Shades Of Attachment To Opinions And Ideas (cont.)

The attachment or detachment to one's ideas not only comes into play while giving an idea or opinion, but even when accepting or receiving or listening to an idea from another person from the group. **The more the attachment to one's own ideas, the more will be the tendency to resist or reject the other's idea.** A particular person, with the objective or resisting or rejecting the idea:

*** might try to do the same through different means like putting up a seemingly valid or even an invalid objection to the idea in front of the whole group** which may seem very reasonable to the group and may be taken or accepted by the group or the person objecting may try to ensure that

happens or

* **he/she may quietly disassociate from the group** if the group begins showing interest in the idea (sometimes the influence of the position of the person is such that this kind of disassociation very easily manages to reduce the energy of interest of the group in the new idea) or also

* **might present a new idea to the group, which manages to divert the attention of the group**, etc.

Sometimes the person rejecting the idea is aware of the fact that he/she is rejecting the idea because of the inner attachment to his ideas, but will not admit it in front of others and sometimes he/she might not even be slightly aware of the fact; the attachment is too subtle to realize. Others might realize their attachment, but they might not themselves. And if someone to point out their inner attachment, they might even react, because where there is attachment, there is fear that the other's idea will be accepted and yours will not. Attachment to one's ideas fills the energy of 'I am right' in any situation. Overcoming all sorts of attachment to ones ideas is one of the foremost steps that we can take to bring about harmony in all types of relationships.

Message for the day

Honesty to the self brings progress at a quick speed.

Expression: To be honest with one self is to be truly honest. When there is honesty with the self, there is the ability to see things clearly. So one is able to take responsibility for the mistakes committed and have the enthusiasm to learn from them. So there is constant change and progress visible in such a person. At all times there is the ability to bring about change.

Experience: When I am honest with myself, I am able to find the joy of learning from my mistakes. Mistakes don't make me heavy because I know I have something to learn from them. There is constantly enthusiasm to bring about a change and move forward. So I find that I am constantly progressing and also becoming an inspiration for many to bring about change. My honesty, therefore, makes me a true leader.



Heart's Attitude

It is not the body's posture but the heart's attitude that counts when we meditate

To search for solutions is to use resources for the right cause.

Usually a lot of energy and time is wasted to find the cause of something that goes wrong. But thinking about that only wastes the resources that could be

used for finding solutions. So it is not necessary to understand the causes but to find solutions. So the one who understands this fact is able to make the best use of available resources to correct the situation. Being focused on the solution rather than on the problem, I am able to use all my inner resources in the right way. I am free from complaints and am able to put in effort to do the best in the given situation. I am constantly happy and content because I know that there is a solution for every problem.

The Three Root Causes Of Anger (cont.)

We are at a subtle war with another person when he/she has done something which we perceive or judge to be wrong and our anger is an attempt to change them or take revenge. This is the second belief (we had mentioned the first one in yesterday's message) that is embedded very deeply in our consciousness that the world, including its entire people, should do exactly what we want them to, or what we think they should do. Perhaps we have not yet realized that it is impossible to control others and make them change. The lack of awareness and realization of this truth, which we will definitely realize at some point or the other, doesn't let us become anger-free very easily. People will always make their own decisions and control their own actions, always. They can definitely be influenced, but they cannot be controlled. **When our internal desire of a certain type of behavior from people is not fulfilled, or in other words something against the above belief happens, our instant reaction is one of resentment or irritation or frustration or hatred which are all forms of anger.**

One of the most important attributes of a great soul is the ability to not have even a trace of desire for revenge inside and the ability to forgive someone who has supposedly wronged him in anyway. Don't we all acknowledge that such an individual who has freed himself completely from all anger forms earns our and everyone else's respect and deepest admiration, and we give him the medal of greatness inside our minds and even physically? So doesn't that mean we intuitively know that this anger is an incorrect emotion and peace, good wishes and forgiveness are the correct ones, in harmony with the basic nature of the human spirit?

(To be continued tomorrow...)

Soul Sustenance

Various Synonyms (Meanings) Of Peace

Peace has a number of synonyms, which all have slightly different shades of meaning:

Serenity

The feeling of contentment and being completely full with no need for further additions to the self; a feeling of satisfaction, of wholeness of the self.

Calmness

There are no disturbances or waves in the mind, like a pool of water that is clear and still with not even a ripple to disturb it.

Tranquility

Tranquility is the state of harmony in nature and in ourselves that keeps everything in balance naturally.

Quietness

In this state, there are no sounds of uncontrolled thoughts jumping around like a monkey in the mind; our thoughts become essenceful, returning to the point, with no expansion; it is an economy of thinking that creates quietness.

Stillness

There is no movement of thoughts. I remain absorbed in one thought and, in the stillness of silence, I am at rest, with a feeling of complete detachment from everything.

Peace has the meaning of harmony, balance, order and freedom: when we are free from waste and negativity, then we exist fully serene, fully at peace with everything.

Peace is my original energy and treasure and with the practice of meditation I step inside and experience it.

Message for the day

True effort lies in maintaining inner self-respect.

Expression: When there is no self-respect it becomes difficult to recognise and use one's own potentials. So whatever little effort is put is only to show off to others and to seek their approval. So this further increases such dependency on others. Slowly all effort put in is only to prove to others and hardly any effort is put in for the self. So such effort doesn't contribute to real progress.

Experience: When there is an awareness of my inner potentials and

capabilities, and I am in my state of self-respect, I am able to use them for my own progress. As there is the satisfaction of my progress, there is no dependency on the others for approval or encouragement. I can make effort with my inner freedom. There is lightness and enjoyment in whatever I set out to do, and I find quick and easy change.

Daily Positive Thoughts: June 29, 2013: Breath



Chicago on the Ledge-Sears Tower

Breath

Life is not measured by how many breaths we take, but by the moments that take our breath away.

If we think, speak and act in an angry way, we leave an impression or memory of anger within our own consciousness which results in sanskara of anger to be born.

Within the sanskara is the recorded emotion and experience of our expression towards the object of our anger. The object is a particular person or situation. If we encounter the object of our anger the next day, it will trigger the emergence the recorded anger from within the sanskara. We then deepen the sanskara as we express more anger, even if we only 'think' anger. The emergence of this emotional energy from within our consciousness then stops us from interacting in a positive way. It clouds our mind and confuses our intellect, weakening and distorting our thoughts, decisions and behaviour. This often explains why we find it harder to connect and communicate with certain people in our life. Essentially we are carrying a negative image of the other person within our sanskara from a previous interaction with them. And when we see them again it emerges the energy within the sanskara, which then influences our ability to respond to them.

The Three Root Causes Of Anger (cont.)

We are at war with our self when we fail to make the world do exactly what we want, or we believe we have let our self down. An e.g. of a war with one self is - Suppose you are standing in a queue waiting for your chance to arrive, only to discover an hour later, just when your chance is about to arrive, that the time for the counter to close has come and the counter has closed. You get upset, but with whom? Perhaps the person at the counter at first and may be with the other people in the queue and then with yourself, for not having found out the time of closing of the counter. There are two failures that make you uneasy here. First you failed to ask someone early enough, which would have saved you the hour time loss. Second, you failed to control your emotions of anger. Although you might not externally admit that you failed, inside you know. Because of these two failures, you then start to get **angry with yourself**. The thought pattern that goes inside your mind: to fail is to lose, to lose is to be sorrowful, to be sorrowful causes me to become angry, as you look for an external cause of your sadness which, in this case, is initially the person at the counter and the other people in the queue (who would have known the time of closing and could have told you). So you demonstrate to others your justified anger towards them. But deep inside you know it is you yourself that has made you sorrowful.

As the anger builds up inside you, again, after a while, you find someone else outside on whom you vent out your anger. You seem to feel better as a result, but it's only temporary. **The next time you become angry; interrupt the pattern of your anger by asking yourself two simple questions: Who are you fighting a war with? Answer: Yourself. Who is suffering the most due to the war? Answer: Yourself. And if your anger is directed at yourself for your own supposed failure then just tell yourself, "There is no such thing as failure, only a different result from the one that I expected and results are not going to be exactly as I want, expect or desire. That is a rule of the game of life."**

Soul Sustenance

Transforming (Changing) My Thought Patterns

Why is it that we can't change the pattern of our thoughts so easily? Imagine a bird being so comfortable in its nest that, though perhaps sometimes it stands on the branch of the tree to inflate its chest and adjust its feathers, it never wants to fly and does not even realize it could fly. It never knows the blissful freedom of flight, never feels the wind through its wings. It thinks the other birds that are flying around are unwise or foolish. In much the same way, we never really leave our nests of old thought patterns. Our habitual thoughts become our comfort zone and each repetitive thought pattern is like a twig in the nest, which makes the nest stronger and our stay in the nest seemingly comfortable and permanent. We never experience our true spiritual freedom or flight or feel the breeze of our inner beautiful nature. Even the thought, "I am a soul" has to be realized eventually, so that we can actually experience its deepest truth.

In the world of spirituality, thoughts are like the map, but they are not the territory nor the reality of the experience. **Thinking "I am a peaceful soul" or "I am a loveful soul" or "I am powerful soul" is not being soul-conscious, it is only theory or knowledge, but it is definitely an essential start.** Maps are important and necessary, until we know the way home to **experience. Reaching this final destination of experience makes it easier for us and empowers us to transform or change our old thought patterns.**

Message for the day

Courage brings success.

Expression: Even after repeated trials and failures, when one does not lose courage, there is the ability to go on trying till success is achieved. Courage comes with the understanding that there is surely a way out. So a lot more effort is put in to find the right way. Success, which had been eluding for a long time will be finally attained.

Experience: When I have courage, I have hope. I will not give up the task mid way, but will put in continued effort. Because of this there is no difficulty experienced even whilst putting in extra effort but I do everything with enthusiasm and happiness. So nothing seems difficult and I easily move towards success.



Konya, Turkey

Let Go of Emotions

Emotions can feel uncontrollable - we have no choice but to experience them. But to live by our emotions is to live under a tyrant's rule. Acknowledge emotions for what they are, without shame or guilt, and then allow them to pass through you like wind moving through the leaves of a tree. Remember that it is only with your permission that feelings can change the way you behave.

Being lost in thought, thinking about things to do, what's been done, what could have been done... is not only tiring but also a brilliant way to waste energy. It diminishes your peacefulness and clouds your clarity.

Every time you become lost in thought it means exactly that - you are lost! To find yourself, allow your mind to become quiet, to become utterly tranquil.

In the quiet depths of every being, there is a stillness that contains a deep inner peace and wisdom that can guide you in your life.

A Parallel Between Physical And Spiritual Energy

Energy is neither created nor destroyed, but transformed into other energy forms. Energy follows a direction in its constant movement. In a spontaneous

way, it tends to go from a concentrated state into a state of expansion. For example, after a while a full glass of hot water goes cold. This is a law of physics according to which all things tend to go from a high-energy state to a low-energy state.

Applying these principles to the area of our conscience, our thoughts and feelings, we can discover similarities to these laws. When our thoughts (which are metaphysical (non physical) energy are focused on the outermost layers of our conscience, towards the external world (objects, possessions, people and so on), our creative capacity decreases, weakening us on entering into this expansion and not having sufficient power (concentrated energy) to take on negative situations and circumstances that we are faced with.

On the other hand, if we focus on our intrinsic, original and genuine qualities (peace, love, power) we accumulate more energy and our inner strength can grow. This means that we are capable of creating, of having more willpower and, therefore, strengthening our self-esteem.

Positive thoughts are a high-frequency vibration that transports a great deal of concentrated energy, capable of influencing the atmosphere and the consciences of other people in a subtle way, transforming any negative vibrations.

Negative thoughts are a low-frequency vibration that causes the energy to become dissipated. They weaken and block communication. They destroy harmony (peace).

Soul Sustenance

What Are Some Of The Benefits Of Positive Thinking On Our Relationships?

- Your relationships are more harmonious.
- You possess greater ability to accept others with comprehension and without expectations.
- Your positive thoughts influence others and you share your happiness.
- You attract other people with your peace and harmony.
- You make others approach your true self and they feel comfortable with you.

- You break through barriers and build solid bridges of communication and understanding.

Message for the day

The difficulty of the situation lies in one's own state of mind.

Expression: To make something big as small or to make something small as big depends on one's state of mind. When one's state of mind is good, to deal with situations becomes easy. So even difficult situations are crossed over with great ease. Then there will be no dependency on the external situations to change the internal state of mind. That is, there will never be a reaction to external situations but there will be always stability.

Experience: When my state of mind is good and powerful, I am confident of myself and am able to easily win over all obstacles. Otherwise, the situation takes hold of the internal state of my mind and I find myself bound by the situation. At such a time, I find the smallest situation to a very big obstacle. But with faith in myself I am very easily able to use my inner power to overcome situations.