



Happiness

Am I happy? If there is any sadness I make a strong effort to be free of it quickly, otherwise it grows like a vine in the rainy season: by midday I will be confused; by evening a whole jungle of weak, wasteful and negative attitudes will have taken deep roots in my mind. The result equals chaos. Sometimes I reach a stage where the attitude is: "So what if I feel the blues today? It is my life; no one else will be affected". Firstly, the more I allow myself to experience sorrow, the less time I have available to be happy and contented. It sounds ridiculously obvious, but am I aware of the value of happiness? It is an extremely rare commodity, and the cost goes sky high. Secondly, is it my life? Yes, I am living it, but am I not a member of a family or a co-worker with others, and am I not part of society? If so, then every movement affects and is affected by those around me.

Good Navigator

Visualize God as one who is pleased to see you. Then greet others with godly eyes, as if you are meeting long-lost and now-found family. Such good wishes can transform any relationship.

Mistakes will not throw you off course unless you let them stop you. A good navigator keeps a sure eye on the final destination, but steers there through a series of approximations. The mind that tries to rest only on the surface of things will be tossed about in every storm. Dive deeper, to where there peace is.

Meditation On Experiencing Deep Peace

Consider your mind as a stage, and each thought, feeling, emotion as a scene in the film of your life... Relax... Don't try to control anything... Observe how your thoughts pass through your mind... Don't identify with any of them... Only observe... Look where they take you... Observe what happens inside you... Do not judge... The thoughts flow through your mind as if they were clouds that are crossing the sky until everything is clear and open... The mind is becoming calm, making itself peaceful... like the surface of the sea when it is serene...

Now, be conscious of the sounds that are produced around you... Stay here and now as an observer who sees and feels everything from a point of light, a point of calm and peace, behind these eyes... Feel the calm... the tranquility... that comes from within you... Look around you... Observe without interpreting or judging... Feel the silence that is created through the power of concentration. Consciously, create a positive, peaceful, elevated thought that you repeat slowly in your mind, leaving a space of silence between one thought and another, while you keep the focus on that point...

I am a being of peace... I am at peace... I feel the peace... I am light... I am a being of light... My nature is of light... peace and silence... I am feeling the silence between one thought and the next... I listen to the peace... a silent peace... calmed... full... This peace and silence attracts the ocean of peace... I feel the attraction towards my home of silence and peace... a world full of soft golden light, beyond the sun, moon and stars... In this peace and silence, I strengthen myself... my mind rests in that calm and quietness...

I experience a light, the Supreme Light, the Supreme Soul who fills me... he recharges me... renews me... heals me... frees me... I am free... completely free... now I am at peace... I leave my mind in silence, as if I were floating on a sea of peace for a few minutes...

Soul Sustenance

Practical Positive Response Training To The Mind (Part 3)

In last two days' messages, we have explained the process of restoring positivity in the mind when faced with a negative situation, where the most common response is a negative one but the mind can be trained to respond in a different way, in a positive way. **Today we explain this process with an example.**

e.g. You have just had a major argument with your spouse and have lost your temper. At that time, not only your mind but your physical body also feels uncomfortable - it is in a state of complete stress. You feel your blood pressure has suddenly shot up, your heart is beating fast, you feel uncomfortable in the stomach, your hands are shaking, your face and eyes are red. On top of that, you also feel sad. You have behaved like this many times before and you know the results of responding in this way. The relationship has been scarred and you have worsened a situation. This could have been avoided. There is sorrow, guilt, low self esteem and hopelessness over your loss of control. Also, there is a fear regarding your future, not necessarily a long term one, because things will get sorted out sooner or later, but a short term uncertainty does exist, especially regarding what your spouse's response will be in the next few hours or days. In this state of mental and physical helplessness or desperation, anger may come again either projected towards yourself or towards your partner, which will be followed by the same effects, worsening your state further. In this moment of lack of spiritual wisdom, you remind yourself of the simple wisdom that you are in fact a soul. **Even while you are still caught up in the turmoil of the negative situation, using your intellect, you**

consciously emerge inside yourself, your true awareness of being a sparkling point of peaceful light situated just above the eyes, at the center of the forehead. You not only become aware but you also use the intellect to visualize your true, peaceful, spiritual and star-like form clearly. In that moment, you are able to tap into the reservoir of peace that is present deep inside your being. You calm your mind by holding on to this awareness for a few minutes. You feel - you know - that you are peace. As this experience grows, it has a soothing effect on your whole physical system. Gradually, stability and peace are restored to your body as well as your mind.

Message for the day

When we have the switch of awareness on, our mood will never go off.

Projection: When something goes wrong we find that our mood goes off immediately. We then lose all enthusiasm and all our thoughts become negative. To change negative thoughts to positive then becomes difficult.

Solution: Like one single switch brings light into a dark room, our own switch of awareness will bring positivity in our mind. We can take a thought like 'I am the master of my own life' or 'nothing can go wrong today' right in the morning. When we have this awareness on, we will never have our mood off.