



Letting Go

Whatever has happened is the past. Do not think about the past. Learn from whatever has happened in the past and be cautious in the future. The past belongs to the past. Let me let go of it, because it does not belong to me.

Weak Spot

At times there is a weak spot, something you do not want to see about your character. The way to discover it is through others. They are the mirrors that reflect your personality. If something bothers you about someone, you are recognizing an attitude that is actually within you. When you feel it does not affect you and you can respond calmly, it means that this weakness is no longer in you.

Creating Positive Habits

Some habits do not upset us, but others can cause irritation, frustration and desperation. We want to rid ourselves of them: but how? When we look at the creation and fulfillment of thoughts, it looks like a closed system: the thoughts lead to actions, the actions create a series of impressions (sanskars), and these impressions are responsible for similar thoughts, which lead us to similar actions, this is a vicious cycle. If we want to change a habit, then where do we start? In other words, where do we change the system or how do we get out of the cycle? First of all, we can try changing our negative actions: for example, stop a mental negative habit like anger or a physical one like drinking. In many cases, although we change our behaviour, but because we have not understood deeply why we wanted to do it, is quite possible that one day we will go back to this old habit.

We can try changing this system in our subconscious. By analysing what is recorded in our subconscious, through different therapies, the results are not altogether satisfactory. There is always some traumatic event, or painful experience behind a fear which causes us to cling on to a negative habit. And although we can see and recognise our fears and anxieties, if we do not replace them with something better, with a more beneficial and healthier alternative, very often we will feel tempted to cling on to these old systems, even though they do not work and they make us unhappy. To eliminate certain things we have recorded in our subconscious, meditation and silence are the most effect non-violent methods. Another method is to try and change our beliefs with positive affirmations (thoughts) that strengthen our willpower, and thus introduce a new habit to replace the old one. It is vital not to repeat this affirmation mechanically, but to introduce it into the system of beliefs we hold, and act as if we already were what we express in this affirmation.

Soul Sustenance

Self Realization

The soul, originally a star-like living energy point of perfect peace and purity, twinkling in the soul world is fully charged with spiritual energy, which it naturally displays as love, joy, peace and purity in its actions when it first comes into this physical world. Gradually by taking many births, it becomes attached to the sense organs and the various physical objects and it forgets its original values. Then it becomes a slave to five basic negative forces; anger, greed, ego, lust and attachment. These forces have their roots in body-consciousness, or the false belief that existence is entirely physical. Any time it suffers disappointment, worry or anxiety, it is due to the effect of anyone of these negative influences.

The soul forgets the heights of spiritual attainment and the delights of super-sensuous joy (joy which is not experienced through the sense organs) thinking itself to be a body and it searches for peace and happiness through the sense organs. It mistakenly pursues worldly pleasures in an effort to regain its former state. It forgets its true identity, nature, home and Supreme Father.

While controlled by these negative forces, the soul cannot come back to its normal state of peace, happiness and bliss.

These vices are unwelcome intruders (entrants) into the soul's original texture of purity. Until the vices have control over the soul, it will never restore its original qualities of peace, bliss, love, purity and knowledge.

(To be continued tomorrow)

Message for the day

Where everything is done according to the right method there is success.

Projection: When we don't achieve success we sometimes do get tempted to opt for a short cut method, which might bring us temporary success, too. But in the long run we find that it isn't be so beneficial after all.

Solution: Whenever we are involved in a task specially if it is a difficult one we need to make sure that we are following the right method. Whatever is done according to the right system will surely be successful.