



## **Meditation**

Why has meditation been the core practice of all wisdom paths for over two thousand years? Because it is the most effective method to access your innate wisdom, rediscover inner peace and enhance your creative ability. Meditation restores well being, and once your being is well again, all that you do will be successful and fulfilling.

## **A Powerful Consciousness Of Faith In Critical Situations (cont.)**

In the latter part of the birth-rebirth cycle, as our accounts of negative karma increased, we have experienced large number of ups and downs in the four parameters explained in the last two days messages - **mind, body, wealth (or profession) and relationships**. **All these bitter experiences, which we obviously do not remember today, have weakened us and left deep scars on our subconscious mind and are in fact the main cause of the creation of sanskaras of fear, uncertainty, doubt, pessimism, etc. which we find in ourselves today.** Repeated experiences cause the formation of similar sanskaras. If we experience peace repeatedly i.e. we think about peace, visualize peace, make peaceful conversations repeatedly, sanskaras of peace are created inside us.

In the same way each time something went wrong with any of the four parameters (mentioned above) in the past births; due to a lack of spiritual awareness and power, we experienced sorrow, pain, peacelessness, anxiety etc. and that caused the creation of similar sanskaras inside us. This is the main reason why today we find ourselves in a situation, when faced with a problem, we are not being able to have the faith in ourselves, that we can emerge victorious in the situation.

**We have experienced failure in the past births at different points of time and many times and that is why each time something goes wrong, although we emerge thoughts of victory we dilute these thoughts with a large number of weak thoughts, of possible failure.** This kind of a weak consciousness during problems is not only prolonging the time period of our problems but is also keeping the solution away much longer. Today, with the help of spirituality, we need to inject the power of faith in our thoughts, words and actions. For that, we need to increase our thought power tremendously, which will have an effect on our words and actions automatically.

The food of powerful thoughts through listening to or reading spiritual knowledge and the experience of emotional power through meditation given to the mind only can heal the emotional scars inside us over a period of time, the result of which we can become full of fierce determination and will-power so as to weaken negative situations and not let situations weaken us.



## Meditation

Meditation allows us to reverse the habit of worrying and hurrying. Getting upset quickly over small matters, becoming disheartened, angry, irritated or depressed is replaced by elevated feelings of humility, trust and patience. Take the time to prove to yourself that anything done in peacelessness will only be half done, whereas where there is patience and care, everything gets done very well.

## Soul Sustenance

### Turning Qualities into Powers (Part 1)

An important aspect of God or the Supreme Being, remembered throughout history in all cultures and traditions, has been the concept of God being an Almighty Authority. The interpretation of this concept has been varied, however:

Some have conceived a God who is fearsome and revengeful and one who punishes. That is very different from the experience of God, in meditation, as a gentle, benevolent (generous), merciful parent; as a teacher of absolute spiritual wisdom or knowledge, but a wisdom that has total humility, and is free from the demands of ego.

Yet, it is also the experience of the soul that God is the Almighty Authority, the source of all power and strength. **When I meditate and connect with the Supreme, I experience a state of truth in which the combination of all the original qualities of the soul — peace, love, purity, wisdom and happiness — fills me with a positive power —** a power that overcomes negativity in myself and others, so that those I am connected with become better able to experience their own truth. This power also extends to my physical surroundings, transforming the atmosphere around me.

(To be continued tomorrow ...)

## Message for the day

**To switch on the power of awareness is to be free from being mood off.**

**Expression:** To be mood off means to find excuses and reasons to feel negative - to have negative thoughts for the self or for the others. But if there is a strong powerful awareness in the mind, a positive thought about the self, there will not be a chance for a negative thought to enter the mind. So there will never be any reason to be mood off.

**Experience:** When I am able to maintain a single powerful thought, I am able to remain happy and content. I am not dependent on the external situations for the internal state of mind. Nor do I make external situations as an excuse to further weaken my own thoughts. So there is constantly a feeling of positivity under all circumstances.