



Floral fields at Mount Fuji, Japan

## **The Power of Thoughts**

Thoughts are more powerful than actions because they are the creators of actions. You have to keep in mind that the thought-waves of your good wishes and pure feelings, your vibrations of peace and love, can once again bring harmony in nature and happiness in the world.

### **Goals:**

The sign of wisdom to be able to set goals and then, having done so, to let them go. All that is required for success is a vision of the destination. The journey itself will reveal the means that will take you there.

Make an appointment with yourself at the beginning of each day. When you start with a moment of solitude, even the most crowded of schedules runs more smoothly.

## **Carrying Feelings Experienced In Meditation Into My Interactions**

If I keep close contact with my internal self, to check what my feelings are like and I maintain the meditative awareness at many moments during the day, even if it is for very short periods of time, I will find that **the good feelings I have experienced through conscious choice, in meditation, I carry them with me into my interactions with others.** Then, in any exchange, although the other person's thoughts, words or actions may not be as I would like them to be, I'll be better equipped to maintain a good feeling towards that individual, and towards myself.

For example, I meditate in the morning and then leave home and find myself in a situation in the office where two of my colleagues are arguing over an issue. When I try and intervene, one of them gets aggressive with me as well, but the feelings of peace I experienced in my meditation a couple of hours ago are still with me, using which I do not react angrily or fearfully. In fact, if my peace is powerful enough, it will make the other one also peaceful.

**So the key is to emerge and collect positive feelings through meditation at regular intervals during the day. And then become a donor of positive feelings to negative situations** as discussed above is an invaluable achievement. It is good for my own wellbeing, and for contributing to the creation of a peaceful atmosphere wherever I am, whenever required.

## Soul Sustenance

### Healing Of Wounds Inside The Soul Through Meditation

Our connection with the Supreme Soul, through meditation, is the best way of healing the inner wounds and negative traces, inside the soul, which have been left by the negative karmas of the past. **Given below is a meditation commentary that will help you to absorb the positive healing energy of the Supreme in order to do the same:**

I become aware of myself as a tiny sparkling star of light, situated just above the eyebrows – a soul... In soul consciousness, I experience the beauty of the many qualities like peace, love and bliss; of the spiritual being that I am... Now I turn my mind to the soul world... Over there, I visualize, in front of me – a sparkling Sun of golden light - God, the Father and Mother of me, the soul... He radiates immense spiritual energy... I turn my mind and intellect to his light... I feel the warmth of His presence and the light of His love for me gently healing the wounds of the past that are buried deep inside me, the soul... wounds left by ego, fear, sorrow, jealousy, hatred, anger...

While I sit and absorb this healing energy from the Source, I also transmit that light and positive energy out into the world... This light touches everyone I know and have ever known... It is a light which also heals my negative vision of them... I now recognize everyone around me as other souls, playing their own unique roles... With this new soul-conscious vision, I experience unconditional love for each soul and all negative memories and past hurts associated with each of my relationships is consciously released... The past is forgotten, resulting in a deep feeling of freedom inside me...

**The beauty of the Law of Karma is realizing that when our consciousness is filled with happiness, peace and love for others today; and we transmit that positivity to others through our words and actions, the energy received back from each of our relationships, as a result of doing that; ensures that our own future will be bright.**

## Message for the day

**The ones with pure thoughts experience safety in all situations.**

**Projection:** When there are negative situations, we usually get negative thoughts very easily. Such negative thoughts take us further into negativity. We get caught in this circle of negativity and we then can't make our thoughts positive.

**Solution:** We need to take care that we don't blame anyone when we are going through any negative situation. We need to maintain whatever positivity we can in the situation, and we will find our mind changing towards positive too. It is this positivity that acts as a means of safety for us.