



### *From Baba's Heart to Yours*

#### **Baba's Message**

While meditating if it is hard to observe the breath, just relax, and watch from the crown of your head to the toes, relaxing all body parts till you are able to feel a sense of silence dawning upon your mind. All problems are in the mind. The mind is trained over a period of time to be unconsciously supporting the deep roots of the ego-mind-pseudo self. All the uncomfortable feelings of fear and anxiety, stress and strains, are because the mind is ego. Till the mind is purged of its past impurities and finds something Higher to surrender to; till the mind becomes silent, not clinging, craving, crying, demanding, fearing any more, it takes the individual on a roller coaster ride.

Do not worry, the best way to purge, to detoxify, is to be sure that anything that bothers you, is NOT YOU. It is your ego, it is your mind, it is your mind attached to the past and future, and for sure, not in the Moment.

Do not worry, the best way to rise and unfetter your self is to recognize the Self that transcends all these fleeting thoughts and emotions, these bunches of negativity that keep demanding and demanding to survive.

Ego demands endlessly, for it has a hunger and thirst that is never appeased or quenched. It is a bottomless pit; you keep filling it, but it is never filled, it is never contended, it only gives you an apparent feeling of fulfillment for a while, and again there is the demand for the next. The next never stops. All fears are born out of the fear of the death of the ego, and never, never the Self. Ego never wants to die. It lives through its own defense mechanism of demands and clinging, which is the nature of mind.

When you are focusing in your physical body, gradually you move into the space beyond the physical. You feel the vibrations and sensations, which are essentially experiential. That experience is only gained in the silence of the mind. When the mind stops taking you to the dead past and the uncertain future, when the mind has nothing more to cling to, it ceases its identification and modifications, and there is a sudden stillness. In that stillness, now-ness; in that 'moment', is the death of the ego, and the resurrection of the Spirit, the Soul, the Universal Self beyond dualism. We are neither fear nor death; we all are the fearless deathless One.

#### **Q&A**

Q. When I try to make beneficial changes in my life, I go about them so radically and compulsively that the whole process becomes a source of tremendous

stress. I quit trying to make the change. How can I learn to be less compulsive?

A Take it easy! Relax. Be kind and patient with yourself. Your compulsive nature is habitual now. Whatever you want to do, you bring in the same compulsive mind which has never learned to relax and let go.

Learn to pat yourself on the back and smile at yourself in the mirror for every little effort you make to channel your energy toward the positive. Learn to enjoy each of the chores of your daily life. Enjoy your bath. Become mindful while brushing your teeth. Repeat words of positive affirmation, reminders of the good things that are happening in your life. Even if there are things which are painful and frustrating in your life, don't allow space in your mind for damaging thoughts that reinforce those patterns. If you go on and on about it, nothing is going to change. The only change will be for the situation to worsen.

If you can change the channels that your thoughts run in, if you change the patterns of your thoughts, through the power of thought, you will gradually see things changing for the better. Your purpose in these beneficial practices is simple. It is to bring relaxation. When you practice, make it simple. Begin with a short time. Expect few results to happen overnight. Be practical. Love yourself. Be always thankful for the practice you do however small it may be.

#### **Current News**

Lokenath Divine Life Mission recently moved to new premises in Calcutta. It houses the Ashram, with a residence for Baba, Maa and ashramites, and the temple of Baba Lokenath.

**Your Feedback:** Thank you very much for sending me the bulletin. Please keep on sending me the same regularly. I am a regular doer of yoga and breathing taught by Baba under Regeneration program. Thanking You once again,  
Yours faithfully, A Student

#### **Baba's Blessing**

*Blessed Blessed,  
You are blessed,  
You are healthy,  
You are happy,  
You are vibrant with joy,  
You are who You are!  
Love and blessings, Baba*

If you are interested in scheduling Baba to do a REGENERATION seminar in the future, please contact him at [susan@feelinghearts.org](mailto:susan@feelinghearts.org) Also, Baba would love to have you submit questions about your Spiritual Journey and he will answer them in this e-bulletin. Please submit questions to [susan@feelinghearts.org](mailto:susan@feelinghearts.org)

**If you wish to be removed from the list for this e-bulletin, please notify [susan@feelinghearts.org](mailto:susan@feelinghearts.org)**

