

Claiming Your Heart-Throne



*Realigning
Your Self
With Your
Inner Royalty*

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*When there are extraordinary expectations,
we must call upon extraordinary abilities.
So we call upon the unlimited abilities of spirit.*

*We see glimpses of great spirits in many forms:
in success borne of inner vision,
in saintly behaviour that rises from compassion,
and in artistic works that transcend matter
and reach us at a much deeper level.*

*"Well, that's great for the saints and artists
of the world," you may say, "but that's not
the world I live in!" Perhaps, but read on,
and consider the qualities of all great souls.
In doing so, you'll rediscover those same
qualities, awake or dormant, in you.*

*With time, practice, and determination,
your inner guide will deliver you to destinations
inconceivably divine.*

*Your soul will be your faithful servant.
How could it not be?
It is, after all, your true self.*



The Jewel Within

You are an incredibly beautiful, sparkling soul.
And yes, it's true — you deserve all the best the world
has to offer. And it's also true that the best the world
has to offer is already within you.



It rests, if covered, in the eternal treasure chest of
your soul. The greatest riches of the world are riches of
the spirit: timeless, eternal truths that remind us of our
original nature of Peace, Power and Purity. The qualities
of Happiness, Love and Knowledge are also part of
this original nature.

If these once-familiar qualities now seem but a
distant dream, take heart, for now it is time to
recapture the heart-throne of your soul, and it is, in
fact, your destiny. Far beyond the essential
characteristics listed above, you will find every virtue
within. Realising this is your birthright, for these virtues
are the essence of your true self.

If I'm So Great, What Happened!? All of the original qualities of the soul are good. Yet there is negativity mixed in our days. So where do these negative qualities come from? Simply put, body consciousness. We have forgotten that we are souls, and submerged our selves in the mistaken notion that we are bodies. When we consider ourselves to be bodies, we often take a less virtuous path of body-conscious action. Then, our virtues become hard to see, as over time, they become covered with the dirt of less-than-perfect actions.

In fact, all vices, or negative values, have their roots in body-consciousness. This isn't to say we shouldn't respect or take care of our bodies. It simply means that if our consciousness dwells entirely in the material world, we overlook the spiritual values that are at the core of our very existence.

Wherever there is a negative, body-conscious value, we can find its more powerful, positive sister virtue right behind it, in soul consciousness.

Consider the elementary vices: Lust must ultimately bring sorrow, as it is based on taking from things that will pass. Lust has the sister virtue of soul-conscious *Love*: the benevolent feelings and good



wishes that live on, even past our mortal days.

Anger, usually stemming from loss or fear of loss of some material "possession," has the sister virtue of *Coolness*, the angelic awareness that we can never really possess anything, including our bodies. Things come into the streams of our lives, and all these things eventually leave.

Greed, the insatiable appetite for more, has the sister virtue of *Generosity*, where we experience that by giving to others, we make ourselves richer.

Attachment to others and material possessions has the sister virtue of *Detachment*, which brings with it the realisation that you are incredibly beautiful and wonderful soul on your own, and your value is not, nor has it ever been, based on anything outside of yourself.

And finally, the vice of Ego has the sister virtue of *Humility*, the realisation that all of your magnificent qualities are gifts that are simply part of your fortune.

So we see that values are like coins. For each body-conscious vice, its positive, soul-conscious virtue is right there, on the flip side of the coin. With this awareness, negative experiences simply flag areas where positive values wait to be recovered.

Recovering these virtues is the essence of taking your life back, of living in a continual state of self-love and appreciation, of claiming your heart-throne.

You may consider yourself to be in good shape when it comes to living without any, or all, the vices. And you may be right. But just as it is raindrops that make a river, so it is that many tiny less-than-perfect thoughts and actions combine to form a forceful current of body consciousness. Many of these thoughts are so subtle, few people even recognise them for what they really are. And once we are in the river, it is difficult to return to the shore.



At the same time, some like it in the river. The fulfilment of lust and other vices does bring happiness. But that is limited happiness, based on a material situation that, in time, must pass. Because circumstances change and that which was loved is always lost, in every case, body consciousness ultimately leads to sorrow.

Conversely, soul consciousness invariably brings lasting happiness. Soul consciousness delivers us to a benevolent space, where our actions are of giving rather than taking. We become constantly engaged in giving: pure thoughts, kind words, and good actions. As a result, we feel better. And because we have only given, we have nothing to lose.

So, while habits can be difficult to break, every day we make many decisions, whether to snatch up limited happiness that is destined to die, or create unlimited spiritual happiness, which becomes ours forever. Nurturing this understanding is a subtle art that takes practice.

If soul consciousness is so wonderful, why don't we do that automatically? Actually, we do, or more accurately, we did. When our souls are fully charged,



life is like heaven. Decisions are made without thought. Everything is easy. Perhaps you don't have memories like that from this lifetime. Perhaps you do. Either way, such memories are recorded in your soul. You can easily prove this: by reading this book, you are wishing things were better. If you didn't think things could be better, you wouldn't try to improve things, would you? But you know, deep inside, that things can be better, and so you're taking a few well-placed steps to set things right again.

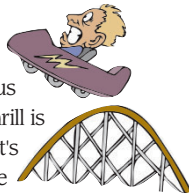
Whatever happened to that paradise?

That paradise represents the beginning of your time on earth. That amount of time is different for each and every soul. Over time, as each of us became more attached to our bodies, our souls lost power. Body consciousness got stronger, and led to ego. Once ego got hold of us, it was all over.

Ego offers all kinds of limited pleasures to justify its world-class success story. Sex-lust, desire for pleasurable drink and food... countless temptations are offered to our sense organs to reinforce ego's hold on our consciousness. However, when we step back and look at these temptations, we notice they have one thing in common: They all end. They are limited.

All vices are based on matter, and matter changes. So the flashes of happiness from all matter-based pleasure disappears too. It goes in a flash... and our emotions crash.

When we get off the roller-coaster of life's limited pleasures, the thrill is gone. And as some of us know all too well, sometimes the thrill is gone before the ride is even over. It's gone because, in reaching for these temporary pleasures, we have turned away from the positive inner qualities of our souls. And when we do that, we suffer.



We suffer in so many ways...

- Lack of love for self and others
- Lack of trust for self and others
- Loss of interest in work
- Loss of mental and physical powers
- Loss of inner energies
- Lack of enthusiasm
- Increasing carelessness
- Loss of decision-making power

The list is endless. Yet despite obvious losses, ego's lock on our intellects does not yield. Ironically, it strengthens. Clever ego builds psychological support structures around our helplessness, including self-pity; having others confirm our feelings of injustice; and poisonous blame which keeps us trapped, hiding the exit behind a sign that says, "It's not my fault!"

Can I recover that lost paradise?

Yes. In fact, that is going to happen. Like the seasons of the year, the world also goes through a spring, summer, autumn and winter that repeats every 5,000 years. Much of the world is deep in winter, and in the West, where life is still joy-filled for many the darkness of winter lurks in the forms of terrorism, economic strain, and spiritual depression. Don't worry,



Claiming Your Heart-Throne

annihilation doesn't take place. However, the earth does buckle under the strain of man, and when that tension is released, only a peaceful earth will remain. So you can wait for paradise, or you can help create it by developing your own inner peace.

Creating paradise is "as simple" as becoming egoless. Then, your soul will recapture its rightful place: On your heart-throne. That is a place of limitless self-love and self-respect, and from it springs love and respect for all. It can transform your life. And it can transform the world. Following the simple meditative practice laid out in this book, you can recharge your soul and return your dethroned soul to its rightful position. Like anything worthwhile, this takes effort.

So if I make all this effort, how do I know the fruits of my efforts will last? When we make soul-conscious decisions, we see that spiritual pleasures and virtues don't perish. When our actions are good, we can treasure those actions for all time. And the soul doesn't die: it's immortal. The virtues and good qualities of the soul never die either. They do, however, get mixed in with the lesser qualities of body-consciousness. Like mixing alloys with precious metal, body consciousness dilutes the quality of the real gold within. But the original



The Jewel Within

material can always be recovered.

Following are many of the original virtues of the soul. Look at these priceless virtues, and see which ones you recognise in yourself.

Accuracy	Appreciation
Benevolence	Courage
Confidence	Carefree
Cheerfulness	Cleanliness
Cooperative	Contentment
Discipline	Determination
Egolessness	Easy-going
Energetic	Fearlessness
Farsightedness	Generosity
Honesty	Humility
Introspection	Lightness
Maturity	Mercy
Patience	Purity
Royalty	Self-confidence
Self-respect	Serenity
Simplicity	Stability
Sweetness	Tolerance
Truthfulness	Wisdom

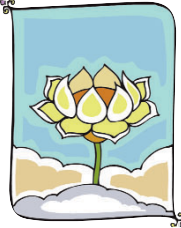
Which virtue is your favourite? Why? Now imagine yourself carrying that virtue, all day long, like an undying torch. What effect do you have on others?

Recovering Your Inner Treasures

As legend has it, in 1989, in the USA, an old picture frame was purchased at a yard sale for four dollars. After the buyer brought the frame home, he discovered, hidden in the back, a first-printing original of the country's Declaration of Independence, worth millions of dollars. So it is with our souls. Their original value is beyond estimation, but when they are hidden, or covered by impurities, their value becomes unrecognisable.

Sometimes it's hard to see all the virtues in ourselves and others. As we mentioned, they're all there, they're just covered to varying degrees in different people. Some people may be inspired to recover their virtues, and for others, it will remain the furthest thing from their minds.

All that really matters is your own commitment to recover your virtues, for that is the path to true happiness and peace of mind. One way we can recover our virtues is simply by reflecting on their qualities. By turning the virtues in the palm of your mind, you acquire their characteristics automatically.



Furthermore, all virtues are connected. As we recognise and repeatedly appreciate our stronger virtues, we draw all the virtues deeper into our lives.

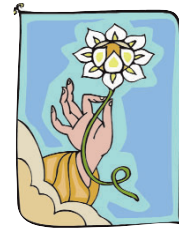
How do we recover these inner treasures? Just like learning to play an instrument, it takes practice. True, some people are more natural with certain instruments, but anyone can become accomplished with a little effort and a good attitude.

But more than that, virtues are like flowers, and need to be showered with love, and the sunshine of appreciation and honesty to fully blossom.

Just as food, water, air, and sunlight are vital for the body's wellness, an appreciation of spirit is needed to experience the riches of our inner beings. And the way we appreciate ourselves is through a very simple process of reflection and meditation.

It's a process of realising who we really are.

Find a quiet space, where you can be free from distractions for several minutes. If that's not possible, then wherever you are will be fine. On a train, in a busy living room, you name it: You are going to bring peace to that place.



Meditation

Sit upright, breathe deeply, and relax. Breathe deep and relax. And breathe deep, and relax...

Relax your toes. Give them a wiggle. And let them go. Relax your tired, tired feet. Let them rest for a minute. Relax your ankles and calves: they're not at work now; they can rest. Relax your knees, and thighs, and hips. Melt away for a moment.

Relax your abdomen. Let it go. Relax your chest and back. Let your shoulders fall, and let the tension fall away from your arms, hands, and every finger.

Rest your neck and head muscles, and let go of all of the tension in your face. Let your brow unfurrow. Let your jaw hang. Let every muscle in your whole body relax, as you melt into a puddle of peaceful, good feelings.

Hold that thought.

Stay in this space, and take this feeling with you.



Making Time for Meditation

As you can see, meditating is not a big deal. Yet it is surprising how many of us are continually busy at the expense of the self. When we could use quiet reflection the most, we are most likely to say: "I don't have the time!" So the next question is: "Where has the time gone?" and "for whom are you utilising it?"

Usually, we are trying to meet the demands of employers and our industry, society, and family, but rarely for the self. If this is the case for you, it is time to put yourself first. Give yourself priority in the chain of demands that require your time. You are the one who matters the most. Further, by taking the best possible care of yourself, you are better able to take care of others.

You don't have to be a yogi for meditation to make a difference, nor do you have to live in a cave. There are many methods of meditation, and you may of course use any method you like, or just calm your thoughts, if you prefer.

However, the method of meditation which recharges the spirit involves seeing yourself as a soul, and connecting that light with the light of with the Supreme Soul. It's very simple.

You are a point of light, located just behind the eyes, in the middle of the forehead. Don't worry about seeing it, because the soul is invisible. Just imagine it.



The Supreme Soul is also a point of light.

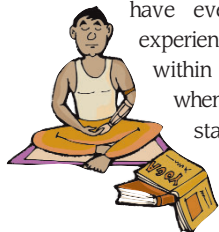


He too is invisible to the human eye, so just imagine Him. He is often visualised within an orb of golden-red light, the Supreme Abode, beyond the confines of the universe. But for now, it's enough to realise his eternal form is that of a point of light. And that your eternal form too is also a point of light.

With your eyes open, see yourself as a point of light, and imagining the Supreme Soul right above you, charging you with light-energy. You may feel a bit like a fish out of water, but don't worry: the Supreme Soul knows exactly what you're doing, so just leave it to Him to take care of the rest. Give it a try.

You may have seen your soul through meditation, spiritual vision, or in a dream. You may have even had such a powerful experience, it was as though God was within your soul. That's because, when you reach a soul-conscious stage, knowledge of the Supreme Soul is merged with the awareness of the soul. But God is not within each of us. If that were true,

we would never become lost, as we are destined to do. God always remains beyond, and because He is never burdened by body-consciousness, He remains ever-pure, and always has the power to help us.



Even if you don't feel up to soul-conscious meditation, the rest of the principles in the book are perfectly valid. But then this book is like any other: It can help you rearrange the elements of your life, and give you a more pleasant outlook, or perhaps help you through some rough waters, but it cannot truly and deeply transform your character, permanently. Only soul-conscious meditation can do that. Nothing else in life can do so much for so little.

Whatever form of meditation you choose (even a little quiet time alone counts), it truly blesses the lives of those who partake in it. First thing in the morning, and the end of the day are two of the most important times, to relax and focus your mind on stillness.

If it seems like you don't have time, try meditating for *One Minute*. Just breathe deeply and let your mind be still for those few seconds. Think you're too experienced for that? Then challenge yourself: Can you become truly bodiless in one second? Can you be completely devoid of outside thoughts, for that minute? If you can, chances are, you'll want to stay longer.

With achievable goals such as self-sovereignty, inner peace and happiness, once you taste the fruit of your efforts, it's likely you'll be hungry for more.



It All Depends On... Love

*Love is borne
of the appreciation
we have for ourselves.*

One key to appreciating our selves and each other is the understanding that each one of us has at least one thing that we do better than anyone else in the whole world.

Your talent is a gift... to you, and, if used, to the world. Refining and using our talents is an act of love that boosts confidence. And when our confidence and abilities improve, we become even more loving toward ourselves. This is important because the essence of true love is closer to appreciation than the carefree, whoop-de-doo feeling of falling in love with another.

The seeds of true love are within that carefree feeling, but the maturation of love is dependent on appreciating the other, rather than taking advantage of the other for the emotional fulfillment of the self.

True love grows where we appreciate the other. For that to happen, we must first appreciate ourselves. An environment of positive thoughts and good wishes,



for the self and others, provides the fertile ground for appreciation. So to create self-love, we first create a positive environment within our minds.

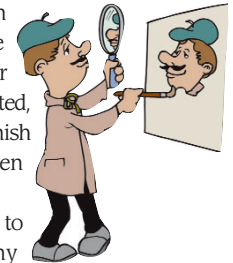
When we feel more love towards ourselves, our lives become more complete. In fact, if we lack love, we may not feel content with life no matter what is around us. Further, when we lack love for ourselves, we may even perform actions that are injurious to the self. For instance, we get angry, frustrated, put ourselves down, or punish ourselves, and thereby worsen our position.

This is kind of surprising, to think that we have to make any effort towards loving ourselves. Given that, a good question is, how much do we really love others? How can we give something that we ourselves lack?

Of course, as it is the inherent nature of the soul, we all have some degree of love within. But what many people regard as love is actually lust and its evil twin, attachment.

Here's a test: If something or someone you loved left your life forever, would that make you sad?

It probably sounds like a stupid question. And of



course, for most everyone, the answer would be a resounding "YES!" But when we understand love simply as appreciation, we discover selfless true love. When we maintain our self-respect, it doesn't matter what anyone says or does: Your worth comes from within. So true love always gives; it is lust that takes, marked by attachment that just wants to hang on.

The attachment comes from defining our selves or our value based on the relationship with the other. So the end of relationships tend to bring sadness. But what's at the core of the sadness is not a need for the other person: it's a need to recognise our inner beauty. There's a hollow space where we should love ourselves.

Similarly, if a loved one died, would they want us to be sad? Of course not. Yet our attachment, and feeling that the other created meaning in our life, often causes suffering. The truth is: Your worth has nothing to do with anything or anyone outside the beautiful soul that you are.

These are big issues that often take a lot of time and reflection to deeply understand, but for the purposes of accessing your unlimited spiritual abilities, it is enough to realise that you are completely lovable and wonderful without anyone or anything else in your life. If you or anyone you know thinks different, they don't know the real you.



You are a beautiful soul, filled with virtues and good will towards all. If you've ever had a negative thought, toward yourself or any other, know now and never forget: Negativity is in no way a part of the real you. It never was, and it never will be. It is simply that the real you was under the influence of vicious or vengeful thinking.



Every action based on ego, vice, or body consciousness ingrains its character trait in the soul. The character trait can be erased through soul-conscious meditation, but until then, our actions become our habits, and our habits become our character. So while you may see bad characters in your travels, know that they have simply betrayed their inner divinity by turning away from the light within.

This knowledge is at the core of our mercy towards ourselves and each other. And this knowledge helps us keep our positive attitudes towards ourselves and one another. This is one of the hallmarks of love.

Some may criticise positive thinking as a simplistic and idealistic way to look at the world, perhaps saying that it's not realistic. At its most basic level, positive thinking can be a mask simply covering deeper negative energies. So what if it is? Isn't that better than sinking deeper and deeper into a mire of depression?

Further, when applied deeply and consistently, the layers of positivity sink deeper into our characters. Ultimately, the result can be total positivity, and with that comes a light that transforms every dark situation.

Positive thinking cannot be underestimated. Much more than an optimistic way to look at the world — positive thinking is essential to connecting with and recovering our divine inner beauty.

Positive Thinking: *The Big Bank Account*

Your brain is like a bank. Every day you make deposits in your "mind bank." These thought deposits grow and become your memory.

When you pause to think or face a problem, in effect, you say to the teller at your memory bank, "What do I know about this? Your memory automatically answers and supplies you with relevant information that you previously deposited. Your memory is the basic supplier of raw material for your new thoughts.

The teller in your memory bank is tremendously reliable. If you approach him and say, "Teller, let me withdraw some thoughts proving I'm inferior to



everybody," you may recall a teacher criticising a perceived lack of talent. Or someone turning down an invitation to get together. Or any of a probable range of disappointments, which we all certainly have had.

Suppose instead you say, "Teller, I face a difficult decision. Can you supply me with any thoughts that will give me reassurance?" Again the teller says, "Certainly," but this time he delivers thoughts that show you can succeed, through a history of success.

You may recall the excellent job that you did on a similar occasion... or how much confidence your peers gave you after you did so well... or many of the good things your friends have said about you.

Our minds generate positive or negative thoughts with equal facility. But upward thoughts lead to positive thoughts, and downward thoughts lead to more negativity. When we're happy, we tend to remain cheerful, and when we're sad, we tend to stay depressed. Quite simply, we cannot be both positive and negative at the same time, and our consciousness serves our dominant thoughts.

It is a wonder that we bother with negative thoughts at all. With practice, we can build a much greater positive balance. We can also improve the quickness with which we access our positive resources. Here are a couple of suggestions to maximise profits from your thought bank.

*1. Deposit only positive thoughts
in your memory bank.*

Let's face it: Everyone encounters plenty of unpleasant, embarrassing, and discouraging situations. But we have a choice about how we process these situations. We can remain troubled, or we can be carefree.

Carefree does not mean careless. We are not encouraging immoral or irresponsible behaviour. It simply means that the past is past, and while it's important to acknowledge our mistakes and learn from them, we want to be in a position to move forward with our lives, and getting stuck in the past can paralyse our progress.

Troubled people take problems to heart. They dwell on unpleasant situations, giving them a strong foothold in their memory. At night, the unpleasant situation is the last thing they think about. Being troubled doesn't make you a bad person, in fact, it may be a reflection of excellent character — you care enough that it bothers you. But what good is that excellent character if it becomes inaccessible?

Confident, carefree people, on the other hand, may not give the situation another thought. Carefree people have a gifted ability to putt positive thoughts into their memory banks, and keep their focus there.



What kind of performance would your car deliver if every morning you threw a handful of dirt in the engine? That fine motor would soon be a mess.

Negative, unpleasant thoughts affect your mind in the same way. Negative thoughts produce needless wear and tear on your mental motor. They create worry, frustration, and feelings of inferiority. They put you beside the road while others go on without you.

2. Take withdrawals as often as you can.

When you're alone with your thoughts — perhaps driving, or eating alone — recall pleasant, positive experiences. Review the good thoughts in your memory bank. This yields the interest called confidence. It makes you feel good. And it helps your body function properly, as well.

*3. Deposit all the day's positive thoughts
in the night drop.*

Just before you go to sleep, reflect on the day. Remember everything that went well. Even little things. Count your blessings.

Recall the many good things you have to be thankful for: your relations, your friends, your health, receiving a smile or finding



something meaningful. Recall the good things you saw other people do. Recount every little victory and accomplishment. It is a miracle just to be alive: to live, love, and learn, so even the opportunity to reflect on a crummy day is a blessing.

Bringing newness to this exercise can keep it interesting. Perhaps jot down three things you have to be happy about. Or leave yourself a message that reminds you of something good you did. Send yourself a letter of recommendation. Why not? You deserve it!

4. Refuse to review loss statements.

If your mental teller withdraws unpleasant thoughts and offers them to you, don't look at them. This is not to say live with your head in the sand. If there's a negative situation that you don't want to repeat, find out what it might be able to teach you. What virtue can you reinforce in yourself so that it doesn't happen again? If there's an obstacle in the road and your eyes get fixed on it, you are more likely to hit it. When you focus on a clear path around the obstacle, that's where you'll go.



5. Know that your positive balance will cancel your debt.

Your soul wants you to be free and clear of all unpleasantness. With your cooperation, by staying focused on your profits rather than losses, unpleasant memories will diminish and eventually, by developing the virtues that caused your debt, you can effectively clear that psychological debt.



Here's a quick recap of the five points for keeping a positive balance in your positive-thought account.

- 1. Deposit only positive thoughts in your memory bank.*
- 2. Take withdrawals as often as you can.*
- 3. Deposit all the day's positive thoughts in the night drop.*
- 4. Refuse to review loss statements.*
- 5. Know that your positive balance will cancel your debt.*

Obviously, it is time to cancel all negative thoughts now and forever. We can do without them. They don't help us achieve our goals. Instead, they show us a thousand "reasons" why we aren't worthy.

Instead, circulate the currency of positive thinking. When you face challenging situations, send your

mind's teller for positive reinforcement. Positive thoughts never fail you, and always serve as your guide to success.

Positive thoughts are effective because they are part of the true essence of love. Staying with the loveful current of positive energy brings peace, lightness and happiness into all of our relationships.

*Begin each day
with the deep awareness
of at least one
of the positive qualities
of your self.*

*Which quality
will you choose?*



It All Depends On... Courage

*Most of us have far more courage
than we ever dreamed we possessed.*

— Dale Carnegie

The journey of self-transformation requires not only bravery, but also a big heart. In fact, the Latin root of "courage" is "cor", meaning "heart".

It takes a lot of courage to look into ourselves without being judgmental. Yet to truly transform our lives, we must recognise our weaknesses, take responsibility, and overcome them.

Courage is needed to take responsibility for everything that has happened to us. Yes, everything. You may think there are things which just happen, when we are the victor or loser of the spoils of circumstance. It's OK if you believe that, but when you take responsibility for creating a situation, at the same time, you give yourself the ability to fix it. By taking responsibility for *everything* in your life, you give yourself authority over every circumstance, and empower yourself to change any and all of them.



*Examine what you believe to be impossible,
then change your belief. — Wayne Dyer*

Surrender to Your Dreams

Everyone dreams of what they'd really like to do but few surrender and dedicate themselves to those dreams. Instead, most people destroy them. Here are a few examples of success-suicide:

Inferiority complex: "I would like to be... but I can't do it." "I don't have the brains." "I lack the education and experience." Competition: "The field is already overcrowded," Parental Dictation: "I'd like to... but my parents..." Overwork: "I have so many responsibilities. I could have done this a long time ago, but I have so many other things going on that I can't do it now."

Throw away these obstacles.

The only way to get full power is to surrender to your dreams. To surrender, you need only let go of your attachment to everything that is not your dream, and then you will be guided to your destiny. In the process of surrendering, you'll gain energy, enthusiasm, mental zip, and better health.



Throwing the Bags Overboard

In self-transformation, the most courageous steps we take are recognising our weaknesses, and throwing them overboard. Everyone has their own baggage, but the following are common problem areas that need disposal.

Bag Overboard: FEAR

It has been said that fear is simply:

- F Fantasised
- E Emotions
- A Appearing
- R Real

Fear is an ego-based defence mechanism that has no place in a full life. Fundamentally, it is a sound emotion designed to keep us from acting senselessly. Unfortunately, fear reaches beyond its practical boundaries and ties us to all sorts of limitations, like feeling too old for a sport, or not talented enough to pursue artistic endeavours.

Fear emerges from negativity. Fear prevents people from taking opportunities, affects physical stamina, causes mental and physical illness, decreases life spans, causes uncertainty and hinders success.



Curing the Fear Excuse...

Fortunately, self-confidence can be acquired and developed. As a form of psychological disease, fear can be treated as we treat the diseases of the body. Fear is cured by faith, love, and action.

Take Action. Faced with challenging situations, we sometimes become immobilised until we break free and act. If you are immobilised, the sooner you take action, even small steps, the better.

Take action immediately. Hesitation magnifies fear. Be decisive. Results give you something to work with.

Whenever you experience fear, view yourself as if you were watching a movie and find the antidote to remove that particular type of fear. Search for an answer to this question: What action can I take that would make my fear irrelevant?

Have Faith. When you truly believe you can accomplish something, you can. Fear is immediately nullified. As Andrew Jackson once said, "One man with courage makes a majority."

Call on Love. Where there is love, there is no fear. We are eternal spiritual beings; there is never anything to fear. Of course we should still respect the physical vehicles of ourselves and others. But our inspiration and happiness comes from within, from how much we appreciate ourselves and every living thing. Remember your spiritual identity, that you are an

incredibly beautiful, limitlessly talented, sparkling soul, and nothing in the world can stand in your way. There is no fear in that.

Bag Overboard: THE ILLUSION OF LUCK

"Good luck" is but careful preparation, leading to success. If one isn't prepared, lucky breaks become missed opportunities.

At the same time, "bad luck" is an opportunity to learn and advance. So-called bad luck flags our weaknesses, and gives us a chance to correct that weakness by replacing it with the virtue that will make it obsolete. If we miss an opportunity because we have procrastinated, the drama of life is telling us that we'd benefit from acting promptly. If we take that cue and correct our behaviour, we'll find it's presented just in time for another opportunity.

Curing the Luck Excuse...

Have a Purpose. With a purpose fixed in our minds, our vision becomes fixed on our goal. In this way, we don't need to look for lucky breaks, for we chart a course to our destination that does not rely on chance. And, since our vision is clear, we quickly recognise and utilise fortunate opportunities and circumstances as they arise.

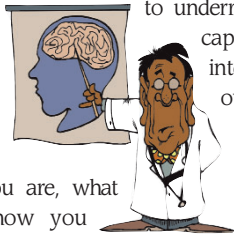


Create a Plan. A plan or specific strategy for moving forward again keeps our mind where it belongs — within our area of control. If you are facing in the right direction and you've got a plan to overcome your hurdles, you don't need luck.

Make Steady Effort. Having flour and water on the counter has a certain potential, but it simply isn't a loaf of bread. In the same way, having a purpose and a plan may sound nice, but we'll never taste the fruit of those ideas unless we roll up our sleeves and put our plan into action. You've got to plan your work, then work your plan.

Bag Overboard:
INSUFFICIENT
INTELLIGENCE

Many believe that they have to be profoundly intellectual to succeed. Though you may be gifted with great intelligence, for most people, there is a tendency



to underrate one's own capacity and intelligence and to overrate others. It doesn't matter how intelligent you are, what matters is how you use your intelligence.

A positive thinker with a lower IQ may be more successful and win more respect than a negative thinker who has a higher IQ. Many people with very high IQs are unhappy with their lives, while individuals with lower IQs may be perfectly content.

So who is really the smarter? No matter — if you are reading this book, you're smart enough to take a good thing and make it better.

Curing the Intelligence Excuse...

Be Confident. Don't underrate your intelligence. Do not overrate others' intelligence. Just remain aware of your specialties, which count more than test scores. In addition, focus on positive attitudes. Positive thoughts yield positive results.



Be Resourceful. Be aware of your specialties, which count more than test scores. When you place creativity before statistics, it enables you to bring about newness in everything you do.

A refreshing attitude makes better company than an encyclopedia, however accurate it may be.

Be soul-conscious. When you tap into the awareness that you are a soul, you put your self in conscious contact with infinite intelligence. To truly connect with this higher intelligence requires that we be egoless. As long as you maintain the humility that

you are merely a channel for higher consciousness, you become an instrument for divine intelligence.

And you can't get any smarter than that!

We've just mentioned a few of the traps people fall into. If you have any shortcomings, the first thing to realise is: Those shortcomings are not yours! They're just hitched a ride with your ego. Say farewell and heave them overboard forever.

Overcoming the momentum of the patterns we've developed can be challenging, but your behaviours will change if you are determined to change them.

The more you interrupt unwanted thoughts, the more you rewire your brain. With continuing effort, and vigilance to implement new ideas when old ones pop up, those useless thoughts will simply fade away.

One proven technique for developing new patterns of living is to commit your goal to writing. Try it. Include what you're going to do to reach that goal, and the deadline by which you want to accomplish your goal. Reading this statement aloud in the morning and again at night keeps your goal right where it belongs: in the forefront of your mind.

Don't give up on a thought just because it seems difficult. It's your life: You make the decisions! With every little victory, you grow stronger.



So, while weaknesses take many forms, their solutions share common threads. Be courageous and accept the truth, be positive in your outlook, and be persistent in your effort. With courage and steadfast determination, you are destined to be victorious.

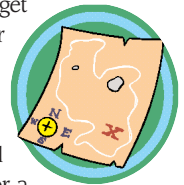
Putting It All Together

Implementing your courageous new thinking requires a plan. You can start with a small area of your life, if there's a task or hurdle you're working on. Short-term plans ask the questions: How do I want this situation to look when it's over? How can I get there? What thought or virtue can I hold in my mind, so I don't get swept into the drama of life if the other "actors" try to drag me down?

Or you can start with the big picture. What does my life look like, in its perfect form? What's the path that heads in that direction? What steps can I take to bring that dream closer?

Taking the time to sit down and ask these questions is essential. If you want to get somewhere, you need to look at, or create, a map. Now is the perfect time to do that.

It's important to check your map every day. You'll find it most beneficial to identify two specific times a day for a



Claiming Your Heart-Throne

little quiet time, and checking your map. The early morning hours and evening are often the best.

Sleep is precious, but ironically, by waking up earlier and planning your day, you will find that you sleep better by managing your time more effectively. When we begin the day by looking inward and filling ourselves with our true, divine nature, we also have more power to face the day.

After you remind yourself of your destination, reach inside and take the qualities you want for today.

True, the day may change shape as you move along. Just remain determined in your vision yet flexible in your approach. You'll transform obstacles into stepping-stones, as you accept challenges and strengthen the skills you need along the way. Yesterday's obstacles form today's skill set.

Another present to give yourself is a timetable or schedule for the day. After silent reflection, your mind will be clear, and you'll have a good idea of what you really want to accomplish, before you get swept into the current of the day.

Think not only in terms of what you believe to be possible, but what you believe to be unlikely or even impossible. Challenge your mind: Create THIS for me!



It All Depends On... Courage

Perhaps you already schedule your time in advance, but even so, taking this long view and envisioning your successes throughout the day is a power-filled way to start your morning.

In the evening, review your day and decide what you liked, and what you would like to change. Envision yourself acting out those changes.

The aspect of silence is an important part of this time. Doing your best to create an atmosphere for silent reflection during these times will pay great dividends, as it enables you to clear your mind and reflect peacefully, without distraction.



*Instead of wondering
what the day has in store for you,
picture what you
have in store for the day.*



Reflection

I recall a positive quality of my self.

Remembering this, I take courage,
because virtues can lift me above all obstacles.

I will begin each day by remembering this
positive quality, and I will begin to see more of
my positive qualities too.

Armed with courage, and my virtues,
I relax about the future. After all, life is only
enjoyable if taken one step at a time.

In the evening, I will reflect on the
successes that I had each day. I will appreciate
the challenges that I had, with the realisation
that they are making me stronger.

Whatever wrongs have been done to me
are over. It is pointless to spend time thinking
about them, since the one who did me wrong
is probably enjoying the comfort of their
home having forgotten about the incident.

I am the one who is growing.

I am the one who is rising above.

I am becoming a better person. And that
will stay with me forever.



It All Depends On...

Acceptance

*If you judge people,
you have no time to love them.*

— Mother Teresa

Do you take time to love and
accept yourself, or tend to lament
over ways in which you do not fit
into the way others think you
ought to be? How much of these
society's models do we actually
control, anyway? In fact, we
control very little of them.



Hence we can become like robots programmed to
conform to whatever society expects from us. For
instance, do we...

*...keep in step with fashion, rather than
wear what we like and is comfortable...*

*...choose careers that are "sensible" rather
than what will make us happy...*

*...say things that are inaccurate, because
we want others to think highly of us...?*

Perhaps you are beyond these examples, but
given the expectations of a role-conscious society,
these are wide-open traps that are easy to fall into.

However, for most, our roles are not high society's model for better living. Yet we often sacrifice our unique role, whatever it may be, to the demands of a society that homogenises individual identity in its pursuit of a "fantastic" perfection. Sometimes, the images that we feel we are supposed to present are so unrealistic, that we settle for quiet lives of mediocrity, rather than pursue the calling of our souls.

Accepting Our Selves: The First Step

We begin to recover the greatness of our identities when we remind ourselves how we would rather live our lives. The career your spirit wants, the clothes you actually want to wear, the music that touches you deeply, and the social life that calls to you yet you don't have the time... no one else should have the power of making these choices for you. If they have, then who have you become?

When we follow society's expectations, we certainly can't complain when things don't work out as we hoped!

The only things we really have control over are our thoughts. This is the basis of our attitudes, perceptions, desires, and choices. If we base these thoughts on a loving self-identity, or loving self-awareness, everything that unfolds from your mind will have the flavour of that sweetness.

When our thoughts are simple, honest and clear,

we have less tension and worries and feel light and happy. This creates a state of balance or quiet in the mind... an inner state of peace. When we are peaceful, we are able to identify the pull of others and the pull of society, and choose our path from a state of heightened awareness.

The enlightened state of peace of mind enables us to hold fast to who we really are, even if it means we accept a loss for a greater gain. For example, we can bow to our values, and make sacrifices for noble causes such as maintaining relationships or showing respect for elders. But by selecting your actions from within a peaceful place, you see the integrity of your behaviour and play your roles with dignity and grace.

Accepting Others: The Next Step

How do you feel when someone tells you you're doing something wrong? Or criticises you in one fashion or another? Typically, being criticised makes us feel poorly. Yet how many of us chime in at the office or social occasion, eager to add our two cents of criticism to the topic of the day?

This is another very easy trap to fall into. Negativity has a current that loves to sweep you in.

But unless you are paid to be a critic, being outwardly critical is always a step in the wrong direction.

First of all, it's bad karma. When you say

something bad about someone, the law of karma informs us that someone else is going to say something bad about you. Or worse. How long do you want to feed that monster?

Second, when we notice defects in others, this outward attitude prevents us from noting the inner work that needs to take place. And when our focus is outside, it is further not possible to realise the beauty we have inside of ourselves.

Third, as experience informs us, we can't really control anyone else anyway. We can persuade, influence or lead, but if we control another's actions by force, the karmic return of that force turns the whole situation very, very sour.

Why do we need to control others to begin with? Only because we have not experienced the deep power of self-control. As we become familiar with the mastery of your own thoughts, desires and feelings, the subtle desire to control fades.

Case Study: A "Particular" Gentleman



Consider a gentleman we'll call Ted. He applied for a job, with excellent qualifications. He was quite intelligent, made a fine appearance, and seemed to have a lot of ambition. Yet this smart, ambitious man was disqualified.

Why?

Ted's main limitation was expecting perfection in others. Ted was annoyed by many little things: mistakes in grammar, people being messy with cigarettes, people with "inferior" taste in clothes, and so on. Nonetheless, Ted was a go-getter, and he inquired of his weakness, and how he might overcome it. Three suggestions were offered.

1. Recognise and accept that no person is completely perfect. Some people may be more nearly perfect than others, but no individual is absolutely perfect. As human beings, we make mistakes... all kinds of them!

2. Accept that everyone is different. Appreciate our differences. Why dislike people because their habits or preferences differ from your own? You do not have to approve of what another person does, but there's no benefit in disliking him for doing it.

3. Live and let live. Attempting to reform others only puts you both a step back. Most people dislike being told, "You're wrong." You have a right to your opinion, but you might be better off if you keep it to yourself.

Ted conscientiously applied these suggestions.

A few months later, he had a fresh outlook. He now accepts people for who they are. "Besides," he says, "the things that used to annoy the heck out of me, I now find amusing. It finally dawned on me what a dull world this would be if people were all alike and everybody was perfect!"

We can find much to like or dislike in anyone. But to get the most out of life, see the best in others. Then, others will see the best in you. Remember, the other person not only has a right to be different... they really don't have a choice!

We must be clear that this kind of tolerance does not mean letting others step all over us. It simply means accepting life's circumstances with grace. If you disagree with a situation completely, don't participate. Just say no and walk away, no matter what you think your obligations are. Keep your integrity.

We can't expect others to take our view, as each one of us has our own universe inside. Our perceptions of life, our hopes, desires, expectations and values: Everything is different. As a result, we are bound to act differently even under the same circumstances. We create our own models of how the world should be and we try to fit this model, often forcefully, onto others. When others do not work according to our model, we get upset. We know how hard it is to see a situation through another's eyes, yet

we humour ourselves, thinking others will quickly see our point of view, given a few words of explanation.

It is therefore helpful to let each one act their role. That is their right. If we disagree with what others have done, we can do so without anger.

When we come from a position of strength, when we are sure of ourselves and our abilities, it doesn't matter what anyone else thinks or says or does — our worth is the same. When we stay in our self-respect, tolerating others becomes a game of letting everyone else play their roles, and accepting that whether we agree or not, they're just acting their part based on what they know.

Here are a few methods to reinforce self-respect and develop a more confident stance:

1. Look important.

People recognise you're someone special right away. That helps us stay in a positive frame of mind.

2. Concentrate on your assets.

Remember your best abilities before meetings, to supercharge yourself.

3. Put other people in perspective. Other people are just human beings, so why be afraid? You are equally important.



Letting Go of False Ideals

Subconsciously, we hold ideals of how people should ideally look and act. If you've ever judged anyone, you could've only judged them if you had an idea in your mind of how they ought to be. This negates the value of people as individuals.

Equally debilitating is the fact that we often hold ourselves up to models of perfection, and berate ourselves if we don't live up to those models. But honestly how can we expect ourselves to be perfect in this imperfect world. Your ideals are worth striving for, but to reach those goals, you can't beat yourself up every time you notice you're not perfect yet.

Many of our models are built by the advertising industry. They stay in business, and create fortunes, by creating ideals that are just out of reach. If their ideals were easily attainable, they'd be out of business after selling you a couple of tubes of their product.

Other models are built by society. But how smart is society? Let go of what society believes, or you'll die with a 50% rating at best, since it seems near impossible to please more than half the people. Just try to please yourself, and you'll get much better results.

Once we accept and love ourselves for who we really are, we are on the road to accepting and loving all people for the special roles they play.

Taking Tolerance to the Next Level

When we accept others, others accept us. That's just the law of karma. Relationships are all about the law of karma. In all its forms, what we give out, we get back. When we see someone we like, we see something in them that we like about ourselves. And if we see someone we don't like, well, closer examination might reveal that there's something within yourself that you don't really like, that you see in the other person. Or maybe they're just a bad person! That's for you to decide, but either way, there are things we can do to transform negative relationships. The following example shows one way to get the law of karma to work for you.



Case Study: Building Trust

An unusually successful insurance salesman told me how thinking good thoughts pays off for him.

"My success," he said, "is based on one thing. I like, *really* like the guy I'm selling to. Let me say again, I *really* like him. Some of my fellow salesmen pretend they like their customers, but that doesn't work. You can't even fool a dog – your mannerisms, eyes, and facial expressions all give you away when you pretend.

So when I'm gathering information about a prospect, I look for something which most salesmen never search for, that is, some things that I like about the prospect. Then whenever we're about to meet, I review the reasons why I like him. I recall that likeable image before I say one word about insurance.

Because I like him, he sooner or later likes me. Then, instead of sitting across the table from him, I'm on the same side, and we're working out an insurance plan together. Because I give him respect, and want what's best for him, he seems to respect me too, and my judgment."

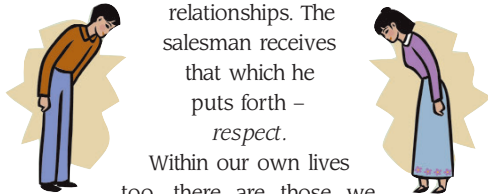
This story shows the law of karma in action,

within personal
relationships. The
salesman receives
that which he
puts forth –
respect.

Within our own lives
too, there are those we

respect automatically, and often those for whom we have less respect. Those whom we respect probably respect us too, and those we don't... probably don't!

The good news is, we can transform relationships



that lack respect by introducing respect. It can be challenging finding something to respect in people you don't like. However, if you think it over, you'll find their virtues, even if those virtues are being used towards ends you disagree with.

By approaching everyone with respect, the most remarkable transformations take place. Sometimes, instantly. People that are generally disrespected typically need respect desperately in their lives. By giving them what they so desperately need, you make yourself not only quite likeable, but your angelic actions can actually provide just the catalyst they needed to initiate real change. They might even turn out to be someone you'd have liked in the first place.

When Tolerance Yields the Wrong Result

Karmically speaking, the nice guy finishes first. On the material plane, he may lose a battle, but if you could see the invisible energy behind our lives, you would see that he's winning in the bigger picture.

Nonetheless, we recognise there may be times when personal or professional responsibilities require correcting others. In such instances, a balance of firmness and respect for the other proves much more effective than bossing people around.



Claiming Your Heart-Throne

You see, the ego is like a sleeping dog. If riled, it tends to be uncooperative. But if the vicious dog of ego is not aggravated, or is comforted in some way, cooperation is more likely to follow. So by respecting the other party, egos can relax, and by virtue of the law of karma, you will receive the return of respect, including regard for your ideas.

When you are able, a more persuasive method to teach others is by example. When we exemplify the virtues we extol, our actions, and the positive results of our actions, speak for themselves. Your actions make you the model to aspire to.

Reflection

I breathe deep, and relax.

I am more than this material body. I am the spirit beneath the skin. I am a being of light.

My natural nature is that of peace, love and happiness.

I remind myself that others too have the same original nature, even if that light is dim.

We all seek the same things: to be recognised, loved, accepted, and respected.

So I let go of all things. I let the past be the past. And as I let go of the past, it allows me to return my vision to where I am going.

I see a better future for myself. I feel it.

I accept all things.

It All Depends On... Acceptance

Whatever must happen, happens. The sun may shine or it may rain, and people will behave in whatever way they think is right. My energies are too valuable to spend rejecting things that already exist.

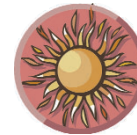
So I let go.

I let things take their natural course.

I breathe deeply, and allow the feeling of peace to sink deep within me. It sinks deeper and deeper, allowing me to realise: this is my true nature. Peace is part of who I am.

I arrive at a better appreciation of myself. I recall my many brilliant qualities. The virtues of love, compassion, and forgiveness all come to the surface.

Seeing this, I see the light in others too.



*You are a miracle. Cherish it!
He is a great and righteous person
who, loving himself,
loves all others equally.*

— Meister Eckhardt

It All Depends On...

Detachment

*When you learn
not to want things so badly,
life comes to you.*
— Jessica Lange

In letting go there is freedom. And one of the easiest ways to let go is to recall Shakespeare's maxim, that all the world's a stage.



In a play, we experience the emotions and feelings of the actors. To the extent that they are focused, the audience is able to connect to the drama. The actors are not remembering other business that they need to attend to, nor do they focus on the other actors.

We are all actors on the stage of the world drama. The success of our acts depends entirely on how focussed we are on ourselves. Imagine a play where the actors continually corrected each other — the playhouse would soon be empty!

This world stage is of course much more complex than the theatre. We play multiple roles on the same stage. I may be a parent one moment, a colleague the

next, and a friend at yet another moment. I seamlessly shift roles, changing hats with each changing scene of the drama.

Just as the actor in the theatre pays attention to each and every detail, in the same way, we must pay attention to detail during the execution of our day-to-day roles. My every thought, word, and action must be measured and balanced. Only then will I have the satisfaction of excellence.

Each moment provides an opportunity to express one or another of my skills or specialities. The appreciation of our abilities and assets assists our growth as we master our roles. The more I am aware of my resources, the more polished my act will be.

In life as in theatre, if we wish that others would improve their acts, performing our own roles well is the first step in raising the bar. Giving the other actors respect and helping them appreciate their own specialities will also help them strengthen their character far more than pointing out any weaknesses. By giving respect when it is not expected, we help others see the best in themselves, and they begin to bring about their own transformation.



Taking The Director's Chair

The exercise of being a detached observer and seeing life as a world drama

is most helpful in enabling us to perform at our best. We can further improve our performance by perceiving ourselves as directors of the whole show.

In the chapter on meditation, it was mentioned that spending quiet time in the evening, going over the day's activities is quite beneficial. You may find it a pleasant exercise, while reviewing your day, to consider yourself as the director, with the ability to cut or revise any scene as you wish.

Being detached and seeing yourself act out your part, you can decide which scenes were executed flawlessly, and which ones could use a re-take. In the scenes you'd like to re-do, envision the scene surrounded by glowing light, and see yourself acting your part to perfection. Imagine the qualities you need to act in that fashion, and feel those qualities within.

This method helps us refine our acting skills, and when a similar scene comes around, we'll already have rehearsed our act, and it will flow quite naturally.

Recall a scene from your life that you'd like to do over. Know that you had to act the way you did, based on your knowledge and experience. So however the scene unfolded, that's OK. But now you are The Director, and you know how the scene could be better.

Picture a white glow around the scene, symbolic of being your best. Let the scene unfold in a new way, how you'd like it to be. Perhaps try a few different

approaches. Work with it until you're happy with the result. In this way, you reinforce the values that are important, and see yourself acting the way you want.

Detaching from the Drama

Letting go of worldly expectations is also needed if we are to become free.

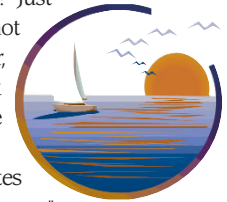
Society teaches us that one succeeds by being consistently worried about a situation or a project. Yet anxiety simply brings our mind turmoil and lost hope. Also, stress-related illnesses such as hypertension and heart disease can make situations even worse.

How do we remain at ease? Just be carefree. Being carefree does not mean that we do not care. Rather, it is a state of stepping back mentally after we have done what is required.

There is a law of life that states that "Man proposes and God disposes". In other words, we do what is necessary, and the rest is not in our hands. So just be patient. Have no expectations for a desired outcome, as this often brings worry, pain, and disappointment.

Why do we often feel compelled to interfere in the process of a situation? It's like putting obstacles before us, in the road on which we're travelling.

When someone makes a cake, once the



ingredients have been blended, it is placed in the oven and left alone to bake. Once dessert is in the oven, we do not constantly check it and prod it, as the cake would simply flop. Yet how often do we allow our nervousness and insecurity to agitate situations?

When we do what is needed and then step back and do not interfere, the result is filled with success.



When Thomas Edison developed his first 10,000 light bulbs, surely he wasn't trying ideas that he thought wouldn't work. By recognising each "failed attempt" as progress, by eliminating incorrect methods, and by persisting in his efforts, his final outcome was a success that changed the world forever.

If we involve our energies in what others think, we lose sight of what's important to us. When difficult situations come your way, just keep your vision on the goal. With persistence, you'll fly right past all your obstacles. Trust your inner voice of wisdom and be free from the "good opinion" of others.

Forgiveness: The Key to Moving On

At times, we cling to people, past negative experiences, or old habits that have no benefit. These situations are likened to a monkey who has his hand in a peanut jar with a narrow neck. The monkey clutches the peanuts, but because he is unwilling to let go, he

remains trapped. Hanging on is just nuts.

When we hold our bitterness and anger, even if we consider it to be totally justified, in that act we surrender our happiness. If someone else has brought you hurt or shame, haven't they already done enough damage? Are you going to give them the satisfaction of knowing they're ruining your days ad infinitum? It seems kind of silly when we look at it like that.

Sometimes, we may even be upset with our selves, seemingly unable to get past what we've done. In these situations, you're stuck staring off the back of the boat, but the boat you're on is headed forward, into the future. If you're stuck, looking off the back at a dreadful past, who's steering the boat? And how long until you crash again?

To get past these scenarios, all that's needed is the simple act of forgiveness. Forgiving allows us to move on.

No one has to be right or wrong. All that we need to know is that the offender actually thought they were doing the right thing at the time they did it. They based their actions on their knowledge, their experience, and their character, and even if the act was totally hurtful and selfish, it came together in the action they chose. Nothing can change any of that, and nothing can change the action that transpired.



So the past is past, the events are now history, and the only thing we have control over is our reaction to those events. If we choose to live in the past, we surrender our happiness to the same offender who brought us down in the first place. We remain victims, day in and day out until we die, unless we forgive.

To live in the gift called the present, we have to give back every negative thought we ever took from life. We have to forgive everyone and everything. Do it. Now. Let go, and move on.

Surrender: Letting Go to a Higher Source

Surrender is freedom from attachment. When we tie ourselves to our jobs, our situations, and our relations, we bind ourselves to the wheel of fate, and we are no longer free. This is not to say we should abandon all responsibility, it is merely to say we can be detached in such a way that our happiness is not dependent on external supports.

When we surrender to the calling of our own spirit, or surrender to our divine source, we become free. This is one of the paradoxes of the enlightened lives of saints. What society views as renunciation and



a loss of freedom, they view as complete liberation.

But as mentioned in the beginning of the book, you don't have to be a saint to make this work for you. In fact, there are a lot of good parents who have surrendered much of their lives, and behaved in an angelic manner, just raising their children. They know that surrender calls for sacrifices of the self, and renouncing some of the things they used to enjoy. And they also know that through this door lies joys that can't always be put into words.

However, with renunciation, people don't actually "renounce" their pleasures, their heart's desire simply shifts. The things of the old world simply fall away. There is freedom in knowing that you have chosen the right path for yourself.

Freedom also comes from not weighing choices, because if you have a clear aim in life, there is only one right choice in every situation. When you surrender to this perfect honesty, you lift the veil of confusion, and the removal of the weight of wrong choices provides a freedom few ever come to know.

*He who would be
serene and pure
needs but one thing,
detachment.*

— Meister Eckhart

Reflection

All the scenes of my life are for my benefit. The difficulties I see outside of myself reflect the difficulties I am facing within.

So I remember: all obstacles are gifts. And the bigger the obstacle, the bigger the gift.

So I let go of my expectations and demands of others, and demands of the scenes of the drama.

I know it is all unfolding as directed by my powerful subconscious, innocently fulfilling my hopes and fear, in accordance with my beliefs.

So I forgive all others. For this moment, I forget others. I take my world back. I am the master. Their actions have served me, and now I realise what they came to show me.

I take a deep breath, and instantly realise that the weaknesses I saw in others, were actually in me. I accept the mistake, and let go.

Now, I see myself as a soul, a tiny point of light, and in that form, I take the strength or virtue that removes that weakness.

I repeat this for every weakness, and return to the world, confident and whole.



It All Depends On... Faith

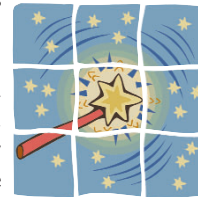
True faith is knowledge. Faith, not in a religious sense, but in a practical sense. Quantum physicists are revealing that the most fundamental particles of matter are energy, identical to the energy of consciousness. When we understand that reality is a product of our thoughts, faith becomes knowledge, because we know our thoughts create our reality.

Across a spectrum, it looks like this: weak faith is wishful thinking, strong faith is belief, and true faith is knowing. The quality of our faith will determine our results. Whatever we truly believe in our heart of hearts, we shall find that manifested in reality, for faith is the master key to the subconscious.

The subconscious mind is always at work, doing its best to fulfil our every expectation. Not every wish, but every expectation. You may desire to be a movie star, but if you're trying on a new pair of workboots, your actions are ensuring: you've got work to do.

In this way, our actions reveal the quality of our faith.

Your subconscious mind silently witnesses the dreams you are focused on, and when conditions are right, those dreams materialise. If you are focused on



your fears, it materialises those with equal efficiency.

The subconscious manifests fears, or what you DON'T want to happen, because it doesn't hear the word "don't." In fact, it doesn't hear any words. The subconscious mind speaks the language of images. So it sees the images you keep repeating, and brings them into your reality. It's that simple.

When we embrace this truth, we realise that we must at least push our faith into the realm of belief. Wishful thinking has no power; it leaves fate to the wind. Beliefs have more power: at this level, thoughts *will* sink into your almighty subconscious. Finally, faith that comes from knowing is unshakeable. You *know* that if you add salt to water, you will get saltwater. You have complete faith in the outcome, and the results reflect that. Similarly, when we have complete faith in our aspirations, we empower them.

The quality of our faith defines the quality of our determination. Without faith, determination determines nothing. It too is just wishful thinking.

And whatever you think your limitations are, you are right. If you think, "I will be King," but deep down believe you could only ever be a pauper, you will be a pauper. Our actions will reveal how much faith we have in our ideas.



***Guides to Increase
the Power of Faith:***

1. See your achievement:

Do not allow thoughts of defeat. Replace all weak, negative, unnecessary thoughts with empowering and positive thoughts.



2. Continually remind yourself "I will be victorious": When opposed, think "I'm as good as the best." When there is a chance, always think "I have the capability to do it." Let the thought "I will be successful" be prevalent in your thought process.

3. Think positive for winning results.

Thoughts such as "Don't be stupid," and "keep an eye out for problems" actually keep our attention focused on the negative, while "be smart" and "keep an eye on your destination" are the positive partners that bring favourable results.



Your level of success will be determined by the depth of your faith in yourself.

Developing Hero Consciousness

In the world of antiques and antiquities, there's a whole industry based on the fact that people don't really know the value of what they've got.



So never underestimate yourself. Every day remind yourself that you are as good as the best. People who are successful are not necessarily extraordinary. They just have faith in themselves, in their thoughts, and in their actions.

When I truly understand that reality is produced by consciousness, then my faith becomes a knowing.

Faith is free. It costs no more to see yourself as a success than it does to imagine yourself a failure. So accept that you are a hero. Embrace your hero consciousness. Victory is a thought away.

You CAN do it.

You WILL do it.

You MUST do it!

And Victory will, once again, be yours.



It All Depends On... Determination

*Cherish your visions and your dreams
as they are the children of your soul;
the blueprints of your ultimate achievements.
— Napoleon Hill*

Typically, we think of determination as setting our eyes on a goal and relentlessly pursuing it. That kind of determination is strong, but when we look at it differently, we can make it even more powerful.



Take a second to determine what is in your hands right now. You may have determined that it is this book. *That* is also a determination. You define what it is, and you know that you have made this determination accurately. You have no doubts.

The determination of our own futures should be just as strong. TRUE determination is not wishing you'd achieve a certain result, it is KNOWING you'll achieve a certain result. Knowing in your heart, and staying true to that no matter what. It is making up your mind and *deciding*. That's determination! For those who realise the power of the mind, even the

seemingly impossible becomes possible.

Within determination, your visions, hopes and dreams abide. The determination to transform your thoughts into your realities is essential to bringing those dreams to life. Determination is equally critical to self-transformation.

Determination is the partner of success. As an engine of success, it must be firmly connected to our vision and sense of purpose.

Case Study: Deepak and Harry

Deepak and Harry are comparable in most respects except one. Deepak has a firmly entrenched goal. Harry does not. Deepak has a crystal-clear image of what he wants to be. He pictures himself as a corporate Vice-President.



Because Deepak has determined he will reach his goal, his subconscious mind signals to him, saying "do this" or "don't do that, it won't get you where you want to go". His goal constantly speaks: "I am the image you are making real. Here is what you must do". Deepak's goal does not pilot him in vague generalities. It gives him specific directions in all his activities. Deepak's goal has made him

sensitive to the many forces that affect him.

Harry, lacking a goal, lacks the automatic instrumentation to guide him. He is easily confused. He wavers, shifts, guesses at what to do. Lacking a consistent purpose, Harry flounders on the rutty road to mediocrity.

As we reflect on this scenario, we understand the importance of knowing your purpose. Reflect on the top echelon of successful persons. Note how they, without exception, are totally devoted to their objective. The lives of highly successful people are always tied to their purpose.

Divining Your Purpose

Whether you are aware of it or not, you already have a purpose. Each one of us has our own unique role in the great drama of life, and in this way, each one of us brings something very important that cannot be replaced. As we are borne with our purpose already in us, it is more a matter of divining than defining.



Purpose is simple. It can seem like such a big thing that many people hesitate to commit and say, "Yes, that's my purpose!" So many die with their music still in them. So many great talents simply don't receive

enough nourishment to blossom, and bless the world with their sweet fragrances.

Without a purpose, we can be rudderless. Picture a puppet with many strings pulling it all different directions. That is the man without purpose. Bewildered with choice, confused, uncertain.

Once we realise our purpose and create an aim, this cuts the strings and replaces them with one strong rope. A person with purpose knows, in every situation, only one decision will bring them closer to their aim.

Accept your purpose. In your heart of hearts, you know what it is. Trust your instincts, and fill in the blanks in the following sentence:

The honourable pursuit which deep down brings me great pleasure is _____, and life itself has been preparing me for _____.

If you can fill in either blank, and it feels like you've hit the bull's-eye, that's your purpose. It doesn't matter whether it's a huge goal that seems impossibly far off, or something very simple. All that matters is that it's something you believe will bring you greater happiness.



And there's no need to second-guess yourself, if you're on the wrong path, you'll know. And one thing is for certain: If you don't have a destination, you can't be surprised if you end up nowhere.

Where Do We Go from Here?

Aware of your purpose, now visualise an ultimate achievement you'd like to reach. Perhaps accepting a coveted prize within your chosen field. Or having set new highs in your pursuits. Or standing before your masterpiece.



The clearer and more detailed you can make your vision, the clearer the steps to your destination will be. If you can, create a symbol or icon that represents your vision to you, so you can flash this symbol within your mind to remind you of your destination at all times, in any situation.



Great. The next step is to create goals that lead to the fulfilment of that vision. Ideally, your goals are aimed at the barriers that stand between you and your goal. By overcoming barriers, nothing will remain between you and your destination.

Now think about the ideal strategy to accomplish your goals. Limit your strategies to six-month time frames. Shorter time frames can be even better. In this way, we stay focussed on the tasks at hand, and aren't as overwhelmed by the grand scope of our far-reaching vision.

Perfect. Now we need to define an action plan —

the small tasks that take us, step by step, to our destination. You know what you have to do. The small steps may change or shuffle around as we progress, and that's OK. As long as we keep our aim in mind, and our decisions aligned with that goal, we'll be fine.

So, knowing your purpose, take time to reflect on your vision, goals, strategy and action plans. Is that where you really want to go? Do your goals, strategies and plans point to your destination? Spending some time on this exercise is a great way to see where we're at and where we're going.



Hidden Benefits of Goal Orientation

Energy increases when you set a high goal and resolve to work toward it. Goals cure boredom. Goals even cure many chronic ailments.

Let us probe a bit deeper into the power of goals. When you surrender to a lofty goal, when you let yourself become obsessed with it, you receive the physical power, energy, and enthusiasm needed to accomplish your goal. You also receive the "automatic instrumentation" needed to keep you going straight to your objective.

A deeply entrenched goal automatically keeps you

on course. What happens is this: when you surrender to a goal, it works its way into your subconscious. Your subconscious mind is always in balance. Your conscious mind may not always have that stability, unless it's in tune with the subconscious. Without full cooperation from the subconscious mind, a person can be hesitant, confused and indecisive. But when your subconscious is fully dedicated to your goal, you automatically know what action to take. The conscious mind is then free for clear thinking.

Tempering Goals with Determination

Think of a football game. They have goals. But do they always reach that goal? No. Even among the many expert professionals on two teams, giving everything they have to reach a goal, sometimes it is not reached even once.

Now think of a journey.

When you set out on a journey, do you leave with a goal, or a destination? Typically, we leave with a destination in mind. And do you make it to your destination? Unless you are climbing Mount Everest, it is almost certain you will reach your destination. Think how silly it would be to say, "My goal is to make it to



the office today! It sounds like you are not sure if you will make it or not!

View your goals as destinations. Automatically, you change your outlook from somewhere that you are trying to get to somewhere you are going.

Even if you do set out to climb a great mountain, your thoughts, beliefs, and expectations will determine your results, just as much as your training and abilities.

Your destiny is in your destination. If goals are the most important things in your life, why not view them as your destiny? When your goals become destinations, you are determining the outcome, rather than hoping for a certain result. That kind of confidence will secure your success.



[Getting Past Temptation](#)

Even seeing our goals as destinations, desiring certain outcomes with all our heart and soul, and telling ourselves we'll do anything to accomplish our objectives, we are tested. And sometimes, we fail. How do we pass the difficult tests?

The trick is to keep your eyes on the goal, and not on the tempting side-scenes. Earlier in this chapter, we recommended creating a symbol that represents your

vision of what you want. If you didn't do that, now is the time to take a crack at it. Because you're going to need it, especially to help you through the tough times.

It's funny, but when we're about to do something wrong, or contrary to our goals, we know it. We may say, "I didn't want to be bad... but I couldn't help myself." Or, "It just happened!" It's not that you couldn't help yourself, it's that you didn't. Ah, that's temptation.

In that brief moment when you are first tempted to do something "bad," that's the moment to flash your symbol in your mind, or your vision of your goal. Then, create a symbol of what will happen if you buckle to temptation. For example, if you're on a diet, and have an image of a thin you, weigh that against the image of having eaten lots of ice cream.



Don't just picture the thin you, but also take the feeling of how you feel having reached your goal. *Emotions are the key to impressing our subconscious with our hearts' desires, and changing our habits.*

When we take this long view and weigh temptations against our hearts' desires, they lose a lot of their appeal. In time, and with the encouragement of knowing we're getting closer to our goals, these temptations fade, and healthier patterns emerge.

And that's surrendering to your dreams. Stick to them, and nothing can stand in your way.

Reflection

I have faith in myself.

I can do whatever I wish to do.

All seeming obstacles will be transformed into stepping-stones, as I change my wishes for good things into decisions for good things.

I see myself reaching my destination.

I feel great.

I allow myself to experience the emotions that I'll feel then, now.

I hear the wonderful things people will say to me, including those who doubted me along the way.

I say the things I've wanted to say for so long, but had to wait until this moment, until I proved myself.

I shower everyone with good wishes, including those who challenged me, because in a way, those challenges inspired me to rise to the occasion.

I allow a powerful image of this victorious scene to impress upon my mind.

I take this image with me, to guide me through my days.



It All Depends On...

Knowledge

He who knows nothing, loves nothing.
— *Paralcesus*

When it comes to self-transformation, there is no knowledge more powerful than knowing you are a soul. Because merged within the knowledge of the soul is knowledge of the Supreme Soul Taking this knowledge to the next step, we can then embrace the *awareness* of being a soul, and finally *experience* ourselves as souls.

When we experience ourselves as souls, we return to living only in our present moments, with the awareness that we are all connected, at all times, within the invisible fabric of spirit.



From this state of knowing, we make enlightened choices. We attain a transcendent view of the law of karma: Not the understanding of how to best treat others, but the realisation that there is no "other". Through appreciating our interrelationship, we see that others are actually connected to ourselves. So right thinking and right action become automatic.

Maintaining this soul-conscious state requires the reawakening of our inner virtues, which can only be done through the realisation that the original form of the Supreme Soul is also that of a point of light. By remembering the Supreme Soul, we are able to access His qualities and recharge our own battery, so to speak.

This process of remembering the Supreme Soul, thereby purifying our own, is known as Raja Yoga, or “King’s Yoga.” This is because, through this process, we reclaim our inner heart-thrones, or reclaim the self-sovereignty of our original purity.

Purity makes our intellect into golden vessels: the perfect vessels for love, light, and knowledge. Within this clear, pure state, it is perfectly clear (and perhaps for you, it is already) that physical reality has our own consciousness at its roots. Our thoughts create reality.

Coupled with the realisation that we are all distinct souls, it also becomes clear that each soul has come to earth to play his part, and when that part is over, he must go home, and abide in the company of the Supreme Soul. Uncommon common sense informs us that to remain in the company of the Supreme Soul, we would be in our original, pure, and fully charged state. And it follows that if we were side-by-side with



the Supreme Soul, we would automatically stay that way, until conditions were perfect for our soul to manifest, in human form, on the earth once again.

As souls must be pure when they sit in the company of the Supreme Soul, it follows that the consciousness of all souls returns to their original, most pure and powerful state. When that happens, the cycle of the world turns, and the play of life starts all over again. This is a 5,000-year cycle that repeats over and over again, as the earth, a product of our consciousness, goes through a spring, summer, autumn and winter on a larger, cosmic scale.

These are some very deep concepts, and it is not the role of this book to cover them in depth, but to truly and completely recover your inner heart-throne, these principles will make themselves apparent as you move forward on your path. This knowledge is not of a religion so much as it is for all religions. If you wish to explore this knowledge more deeply, take a look at the web site, www.bkwsu.com.

While these concepts are deep, they are probably not unfamiliar. You probably had an awareness of the cyclic nature of reality before. You may have even noticed it, in your own experience, and called it “*deja vu*.” Here’s a little poem that reminds of that experience...



*I had been there before,
my heart told me so,
had done the same thing the same way.*

*But that was a dream,
and this unrehearsed,
simply sublime present day.*

*Or was it a slip
in the course of time
to recur once again this day?*

*While I am on stage,
like a wind-up doll,
with a part, once more, to play.*
— Virginia B. Helms

Truth reveals itself to the courageous.



It All Depends On... Effort

*Start by doing the necessary,
then what is possible,
and then suddenly you are doing the impossible.*
— St. Francis of Assisi

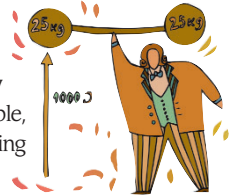
The future is determined by habits and patterns more than anything else. We can wish for things until we are blue in the face, but without taking action, we will just be blue.

Managed motions change emotions. That is to say, we can change our attitudes simply by changing our actions. For example, you actually feel more like smiling when you make yourself smile.

We feel superior when we sit or stand more upright (if we were slouching).

People who are shy can replace timidity with confidence with three simple actions. First, reach for another person's hand and clasp it warmly. Second, look directly at the other person. And third, say, "I'm very glad to meet you." These three simple actions automatically banish shyness. Confident action produces confident thinking.

There are many confident actions that can build confidence, and you know best which actions will



transform your weaknesses. Here are a few tips to keep your attitude and outlook in prime form.

Be a front-seater. Have you ever noticed in meetings – in church, classrooms, and assemblies – how many of the back seats fill up first?

Sitting up front builds confidence. Practice it. Make it a rule to sit as close to the front as you can. You may be a little more conspicuous in front, but there is nothing inconspicuous about success. Placing yourself in the front or centre of the activity shouts, “I have a right to be here, and this is where I belong!”

Think confidently, act confidently. Act, not *how* you feel, but the way you *want* to feel. Below are five confidence-building exercises. They’ll help make everything about you say, “I am a master of myself, and nothing in the world intimidates me.”

- 1) Walk briskly. Move confidently.
- 2) Be a “front-seater”. Get in the action.
- 3) Always make steady eye contact when addressing others.
- 4) Always speak loud enough for everyone in your group to hear; speak less, so your input is always important.
- 5) Smile BIG.



The Most Important Person

All of the actions we’re mentioning involve acting our part in a way that really has impact. Even if our role in life seems small, it’s really quite important.

Picture a puzzle with a thousand pieces, all assembled, but... one piece is missing.

What is it that you notice? The 999 carefully assembled pieces, or the one that’s missing? More often than not, our attention is drawn to what’s missing. It’s the same in life. We are all just pieces of a larger puzzle, but we really, truly need each other in order for the puzzle to be complete.

Even if you are the president of a country or a corporation, without all the other people, what would you be the president of?

So you must never forget that, in a way, you are the most important person in the whole world. Each one of us is more important and more special than the next. Each of us brings something special, in a certain way, that no-one else can duplicate.

So we should smile big. Because you are one-of-a-kind, and you are always especially appreciated by all enlightened beings. If someone doesn’t appreciate you, that’s because they don’t see the light. And the sad truth is, they probably don’t appreciate themselves either. So be a bigger person. Be a better person. And see if that light doesn’t brighten up every room you walk into.

Self-transformation Through Action

Here are a few more thoughtful reflections that will keep your attitude facing forward...

Do not wait for conditions to be perfect. They may never be.

Use action to gain confidence. Face what you fear, and fear disappears.

Act now. Tomorrow, next week, and later are too often the words we use to avoid things.

Study setbacks, learn from them, and transform obstacles into stepping stones.

There is a good side in every situation. Find it.

Develop an attitude and lifestyle of taking action. You'll find your results will be in proportion to your enthusiasm. Activate yourself!

Dig in deeper: when you are disinterested in something, dig in and learn more about it. This recharges the spark of enthusiasm.

Liven-up everything: your walk, your talk, even your handshake and your smile.

Act more alive and you'll feel more alive.

Broadcast good news. Bad news only gets you more of the same. Good news makes you a magnet for positive vibrations.



It All Depends On... Patience

Transformation is often likened to the emergence of a butterfly. When it is a caterpillar, it simply eats. In the same way, knowledge provides us with the sustenance we need to enable change.

When the caterpillar has consumed enough, it creates a cocoon, analogous to the silent stage of meditation. In this stage, we are able to transform into something much more beautiful. Our changes take place inside, unseen by the outside world. When the transformation is complete, magically, we witness the emergence of a butterfly.



As we check our progress along the path of transformation, it will often seem as we have a very long way to go to reach our destination, so always keep in mind that you possess the potential to become a beautiful butterfly.

Allow yourself to be patient on this road of transformation. Like climbing a mountain, the ultimate reward is the view from the peak. However, we cannot see that view until the very end, even if we are very close to the top. So it is most beneficial to savour the journey, and enjoy all of the sites and scenes along the

Claiming Your Heart-Throne

way. Life becomes so very rich when we define success by our persistence on our path, rather than by the moment when we arrive at the top.

More than just a challenge, the journey of self-realisation is perhaps the most difficult path of all, for in order to reach the summit, we must face and overcome many weaknesses. But each obstacle we face is just a test paper, and once we pass the test, we never see it again. As long as your vision stays fixed on the destination, obstacles crossed will forever remain behind you.

The journey is a lengthy one, so enjoy each step along the way. While it is helpful to look to the summit from time to time, it is no less important to look where we are going, and be mindful of every step.

Take breaks. Keep it interesting. Enjoy the view.

How far you make it along the path doesn't really matter, what matters is, with every step, you become a better person. And when you become a better person, the whole world becomes a better place. There is arguably no pursuit more noble.

In the end, you will have recovered all the original qualities and virtues of your soul: Peace, Love, Bliss, Power, Purity, Mercy and Knowledge.

So while meditation and effort for improving the self may seem like a lot of work, think about how much time and money we spend to experience just a

little of those qualities. In the end, the investment in time spent with the self is merely a penny when held next to the pound of benefit it brings.

And once you tap into the bottomless mines of your extraordinary qualities, they become yours for all time. So have faith, have courage, and have patience, and appreciate that every second, you become even better than the moment before.

Reflection

OK, I'm great.

And it's true, I'm wonderful.

And it's OK to say these things, because I always remain humble in the awareness that all my great qualities are gifts from a higher source. I am just an instrument to bring these qualities here, to play my part on Earth.

Still, I recognise that sometimes I forget that I am a glorious and wonderful being. And sometimes other do too.

So I am always patient, with myself and others, knowing I am always

getting better,
shining brighter,
leading the way
to a better
tomorrow.



A Blessing for Your Journey

Self-transformation is a journey we ultimately take alone. Yet, if we consider ourselves to be truly alone, we must not forget, there are about six billion people we didn't invite to our lonely party.

While most of the six billion people on our planet are wrapped up in adventures of their own, many are also increasingly drawn to spirituality. They seek deeper meaning behind it all, and they bring that meaning into their communities and world. They form your spiritual family, and we strongly encourage you to reach out and take the support of those dedicated to a similar elevated vision.

For you, the spiritual warrior who ultimately stands alone, courageously facing and defeating your demons, we humbly offer this blessing...



*May you rise to every challenge
that they may bow before your feet,
May you find your inner beauty
that it may light the darkened streets, and
May you find your inner heart-throne
that you may be a king, complete.*



“Claiming Your Heart-Throne” was conceived and created as a public service, inspired by the teachings of the Brahma Kumaris World Spiritual University (BKWSU). About the BKWSU...

- An international spiritual organisation with more than 7000 centres in more than 90 countries.
- Offers people of all backgrounds an opportunity to learn meditation and to discover and develop their unique inner potential and innate values.
- Recognises the intrinsic spirituality and positive qualities of every human being and helps people to rediscover that goodness is within the self.
- Encourages and facilitates the development of spiritual awareness, attitudes, behaviours and skills through a process of lifelong learning.

For more, visit www.bkwsu.com.

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Shashi Prabha
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by Shashi Prabha