

Fearlessness

♥ I'm really enjoying the fearlessness that I experience when I have to say the truth. Before, there used to be reluctance, maybe I was shy or afraid of hurting people. But now I have no fear, I just say it. I have to work on the delivery aspect, but I'm not afraid. And I will stick to it for the rest of my life because simply speaking the Truth brings about a lot of peace.

♥ Sticking to the truth has given me strength. It has reduced my fear. Because whenever I'm doing something or see something which is not appropriate, or hear something not good, I say firmly to myself: 'Truth is unchangeable. I am the Truth and nothing can affect me.' That certainly gives me the strength and courage to carry out my duty.

I started using my mobile phone to self monitoring whether I was speaking the Truth. When I self reflected, I saw that each time I lied it was always when I thought speaking the truth would hurt someone's feelings. I noticed the pattern and that's what helped me to overcome not telling the Truth. So now when I speak to someone I'm very cautious about speaking the truth because I have this monitoring system.

The Truth Journey

♥ I will try to manifest the truth as best as I can. Of course there will be challenges, when uttering the truth might bring about injury. So I have to learn to manifest the truth; when is it wise to be quiet; change the topic of conversation; volunteer the truth; or stay firm. So this practice of sticking to the truth has led me on a journey in learning how to manifest the Truth in different ways.

♥ My practice of Truth has gone beyond just speaking the truth, to trying to live the truth. This path is showing me flaws that I haven't even bothered to look at all these years. For instance, judging people, back biting, wasting time at work, being lazy are just some of the flaws I have noticed. So there's so much to work on. Working doesn't mean sitting there when a negative thought comes and beating myself up about it: It's actually to sit and think of God more. Do Namasmara more. That will automatically bring me to living the Truth.

All Work Is My Work

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Do not entertain in your mind the idea of purity or impurity while undertaking a spiritual practice. There is nothing impure in the world. When the Lord is immanent everywhere and in everything, how can anything be impure? Even if something appears to the eyes as impure, the moment it contacts the Name of the Lord, it becomes purified. ~ Thought for the Day

24.06.11

'Truth is something that comes naturally, it's already there within us. The truth seed is already planted, you just need to put water and tell the soil to learn how to deliver it better to other people.'

'Yesterday at work I said to my mind, 'You can be still or you can be focussed on God'. And by making this choice, it got easier.

This morning I said this to my mind and I started working, cleaning houses. With each step I kept thinking constantly I am God, I am God. It was a nice feeling and I felt I wasn't attached to anyone,