



From Baba's Heart to Yours

Baba's Message

This Too Shall Pass

My thoughts and prayers are with everyone who is suffering from financial insecurity these days. Losing your job, your home, watching your life savings evaporate, or fearing what may be around the corner in a worsening economy, can be raw and painful, like riding a roller coaster. But the crisis also offers immense opportunity for spiritual growth. I recommend that we all take a deeper look at ourselves and our priorities, and anchor more deeply than ever in the resources of our Spirit, to enhance our ability to face all of life with confidence and to serve others.

We can react and resist, or respond to any crisis, however intense it may become. Anchoring ourselves in the deeper truths, attitudes, and conduct of the Spirit is our ultimate and only security.

Today we are experiencing how unbridled greed affects the whole world. Humanity needs to reflect on how we have allowed money to displace our higher values and priorities. We have enshrined money and made it into our God. To be fully human we must rediscover the true God in our hearts.

If you are being heavily affected by the economic or any other turmoil, remember: Nothing is permanent; this too shall pass. The Infinite Power of the Universe is working out its grand design. It is working to harmonize and to lift humanity from its present state. Human society cannot move forward blindly worshipping money. Human beings can only move forward by worshipping Light, Love and Compassion. God is up to something here.

Q&A

Q. How can I keep positive in this time of global financial crisis?

A. **Start and End Your Day with Practice**

Relaxing and meditating, being grateful for and celebrating all that you have, you create a safe, inner refuge from all external storms. In the process, your consciousness expands, you stabilize your mind and emotions, and you become a source healing energy in the world.

The universe has given you a priceless gift in your own body, mind, and breath, which mirror the whole of which you are part. Respect, honor, and nurture this gift through deep relaxation. Regular stretching, breathing and meditation not only deepen your relaxation response, they open the channels of your connection to the deepest resources of your own infinite being.

Try beginning each and every day with at least 15 to 20 minutes of regular, consistent practice. Open your heart to the blessings of the coming day before you plunge into the world and its stresses.

If possible, practice after your shower each morning and then again before you retire to bed. Relax, stretch, breathe, and then meditate. You will stabilize the positive, healing powers in each cell of your body while opening the channels of wholeness within your mind. You will begin to tap into the infinite intelligence which naturally and effortlessly harmonizes your Mind-Body-Spirit.

The regenerative, healing power of sleep happens when you are relaxed and free of disturbing thoughts. At night, prepare for sleep by filling with gratitude to the universe and all of those who have helped you throughout the day. Use the end of the day to transform any negative situations confronting you before you take them into your dreams. Then open yourself to the blessings of sleep.

Before going to sleep, practice some light, relaxed stretches and meditation. Then lie on your bed in a prone position. Starting with your feet, tense and then relax each body part in turn, moving up to the crown of your head. Relax each body part completely as you go, fully experiencing the sensations of relaxation. Just let go of all thoughts. Whenever they arise, simply release them into light, love, and universal gratitude.

Even when the world around you is caught up in fear and anxiety, these simple practices create a profound balance in the physical-mental-emotional-spiritual levels that will allow you to move forward harmoniously with life's unfolding.

Current News:

Baba just returned from presenting for corporations and governments in Ahmedabad, India. Wherever **Baba** went, he talked about how every soul needs

to awaken to the realization of the need of Pause in life, and the rediscovery of the Soul Centered life as against the unconscious material life of rat race. At a leading Pharmaceuticals Research Laboratory he taught those who were scientifically well informed about the Science of Life beyond the molecules.

Your Feedback: Baba, This piece is so good! It will be such sweet assistance to people facing the financial 'tsunami' churning around the world. Much love from Krakow, Poland! John

Baba's Blessing:

As we move through this unsettled global economy, let us join together in casting fear aside. Let us join together, imagining being linked to all other hearts and souls, in the great moving river of Divine Light, in the great unfolding of a higher Life. The Divine is our only security. Grounded in the Divine, we are instilled with profound creativity, courage, and faith in Life. The Divine is working resolutely for the well-being of all beings on earth. Grounded in the Divine, which is always within us, we seed the world with trust and anticipation of the good that is waiting to be born through any and every crisis. With all Love and Blessings, Baba

Baba's book, *Making Your Mind Your Best Friend* is now available on www.Amazon.com and other online bookstores.

You can also read more of Baba's Wisdom on www.mybabaji.net.

Baba would love to have you submit questions about your Spiritual Journey and he will answer them in this e-bulletin. Please submit questions to susan@feelinghearts.org

If you wish to be removed from the list for this e-bulletin, please notify susan@feelinghearts.org