

All knowledge and wisdom belongs to the most high, so you may freely distribute this document. We do however request you keep the credits so those who benefit can help support us if they wish.

<p>On indifference, inner peace</p>	<p>Q: I am a spiritual practitioner and since wherever we go to a new place there are people and they talk and have different motives and character. What do you suggest should be done to remain indifferent in these situations and not get affected by the surrounding . What is the key to remain happy?</p> <p>A: Dear Blossom, the nature of our world is more negative than positive, only because of the mind. Originally we were given the mind as a tool which created separation and this enabled us to experience the divine. However, the tool has become the master for most. When we master the mind, we have inner peace. Sure, we have emotions but behind that is a state of knowing which cannot be disturbed. To get there, think of a lotus seed growing out from the mud. Use the mud, but stay pure and clean above it. Daily practice helps to get that peace you seek, the indifference. Happiness may come and go, but the bliss from 'being' with your true self never leaves...that bliss helps keep the mind at bay because you've discovered its not real.</p>
<p>On family obstructions</p>	<p>Q: My wife doesn't share my spiritual discipline, and she eats meat and drinks wine, and I do not. I accept that she does these things, but am not happy that she always tries to stop me going to my meditation group, makes trouble for me when I meditate at home (noisy etc) and always tries to get me to drink wine. I find this hard to bear, and it affects my meditation. What should I do. Should I leave her?</p> <p>A: Dear Jeff, Spirituality is about growing our love, not breaking up our family. For some methods, a master may tell a disciple to protect their practice above all else. We are not sure if this applies to you, perhaps you can check. But generally speaking, its best to take the middle road. Perhaps you still have karma with your wife. She is there to enhance your longing and make you stronger in your faith. If you leave her, who knows what other obstruction awaits you. We suggest you stay, but make some sort of arrangement with her that suits both. For example, she can have friends over or go visit family while you do your meditation group. Meditate or not, we all need space to do our own thing. Try to be more loving, romance her and then persuade her. Being forceful or angry will have the opposite effect.</p>
<p>On Meditation</p>	<p>Q: I meditate for 30 minutes most days, but I find my mind gets very busy when I do this. Why is this? I thought meditation was meant to calm my mind.</p> <p>A: Dear James, its normal, thats why spiritual practice is a way of life. Something we do every day until it becomes part of our being, then its easy. For example, if we are awake 2/3 of the day, it means 15.5hrs the mind is busy. So, for the precious 30 minutes that we try to sit, it just repeats what happened during the other 15.5 hrs. The solution, do your meditation first thing in the morning. Pray for help, and try to think of it as a joyful thing - that you look forward to - instead of something you have to do. These will help, but ultimately you need to discipline your thoughts and what you do during the day that provokes so much thought. So many thinks in the world influence us, such as TV or conflict with others. These leave lasting impressions on the mind, hence making it difficult to empty. Treat your thoughts like background noise, ignore them, don't follow. When you see your mind wondering, pull it back to focus. Try these simple steps and let us know how you go.</p>