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The Limitless Mind

If we compare the two entities - **mind** and **matter** - the most obvious difference between the two that comes to the forefront is that one is non-physical and the other is physical. Another very important difference between the two is that whereas on one hand, **matter has limits**, in the sense, that's **its fixed in time and space**. **The mind, on the other hand, is beyond limits, in terms of physical parameters. It's not fixed in time and space.**

When we take a close look at what is going on in our mind, its power becomes visible to us. Since its not fixed in space, it can link me to a friend in, as far as, Washington or Singapore in less than a second. My mind can even move in many different directions at once. Since the mind is not fixed in time, I can think about yesterday, or about fifteen years ago; about tonight, or the next three years.

That's the reason we can say that the mind is limitless, hence powerful.

Thoughts also have different levels of power. Sometimes they fly past the mind leaving hardly any impact on us. At other times, they are accompanied by such feelings so as to influence our entire perception, even our complete inner mental state. Thinking about a visit to Kashmir I made last year, for e.g., I could find myself carried back mentally into the beautiful experience and its attached emotions. Filled with happiness, I will even radiate this happiness to others nearby, through my thoughts, facial expressions, words and actions. On the other hand, thoughts about the death of my close relative a few years ago will have an opposite impact on me in the present moment.

As with feelings, **when emotions are aroused, there are physical changes inside the body in the form of chemical and electrical activity. In fact, strong emotions don't just affect the body; they also have an impact on the soul.** When the soul suffers emotional trauma, from which there is lasting impact, the emotional trauma brings about an immense strain on the brain and body. Brain chemical production is likely to be affected, and there may also be feelings of depression and tiredness. But the real trauma at the root of these physical effects is at a deeper level within the soul itself, and the resulting emotional sensitivity will also arise from the soul.

e.g. I suffer a series of losses or setbacks in my business that causes a lack of confidence and self-respect inside me. A *sanskara* of low self-esteem is created inside. As a result I become emotionally unstable and sensitive. I'll show a tendency to react emotionally with extreme sorrow (may be in the form of depression) or extreme anger (sometimes in the form of an outburst) whenever there is a similar setback that touches this sensitivity. A person who has not suffered similarly in the past and does not have a

sanskara of low self esteem, and as a result does not have this tendency, will not react in a similar fashion under similar circumstances.

Thoughts may be temporary. **Feelings** (either positive or negative), accompanying repeated thought-patterns, stay a bit longer inside us. But when a soul suffers a major setback, loss or failure in life that it is not able to deal with, it becomes **emotionally** damaged and the results of that can be extreme.

Suppose I lose a loved one all of a sudden. If the feelings that come to me because of this loss can be taken care of at that time, through any means like the remembrance of God, meditation, developing a positive hobby to divert my mind, spending more time in the positive company of other family members, etc.; I will deal with the feelings and move on. If however, I am unable to deal with my feelings through any of the means mentioned, the experience of loss I feel is going to cause a lot of deep damage on the emotional level. Then it will not just be a feeling of loss, but it will actually have wounded the soul emotionally. Until that wound has healed, I'll carry it with me long after the loss has suffered. The emotions linked to it will come to the surface repeatedly, though I may have no idea where my sorrow is coming from. Due to the emotional wound, I'll be unable to stay happy, no matter how positive my circumstances may be today.

Meditation does not require me to go into the subconscious roots of my pain. Instead, through thought, **meditation enables me to take conscious control of my feelings and emotions, so as to displace the negative, which brings sorrow; with positive, which brings happiness.** It helps me experience pure, powerful emotions and loving feelings to such an extent that the wounds left by past experiences are healed

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