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How can I understand the Spanda--and use it to improve my life?

We know we've healed something when the world outside reflects our new state of consciousness. If we had worry and now we have faith, things will generally go more smoothly. We may manifest something we dreamed about for a long, long time.

I've used the spanda--the expansion and shape of my life--to determine what's in my psyche. Then I focus on changing my psyche in order to reshape my life. You can do the same thing.

There are many different things we can re-order within ourselves. A good place to start is with anything that is making you unhappy, anxious, sad, angry or frightened. You make thing these feelings are completely justified. However, if you could just remove these types of energies, whatever is frightening you or making you sad would immediately become dramatically less difficult.

Truly, I know this is much easier to say than to do. Sometimes it can take years to let a worry or a fear or an emotion like anger go. We may even believe we are entitled to this feeling or that if we let it go our world will fall apart. We may feel sure that someone or something is causing this feeling, and therefore it doesn't actually belong to us. It is the other person that must fix it.

Ultimately, we may not even know why a feeling is there, or how deep the roots actually are. Nevertheless, step by step, we can slowly shift our psyche. Each time we turn from anger to love, or from worry to faith, we are loosening the grip of this energy and slowly sending out a new wave, a new and improved spanda, a new and improved path in life.

Every morning when I do a particular prayer from the Skanda Purana, a vedic text, there is one verse that seems to me to be key when working with your spanda. So I will share it with you:

"Whether you attain it or do not attain it, it should always be enjoyed without desire and with a contented mind."

Apply this one piece of guidance to every aspect of your psyche, and your life will be completely radiant and golden.