



Typhoon Usagi on a wharf in Shantou, south China's Guangdong province, Sept 21, 2013

## **Anger**

If even one person in a house has anger, there is a battle. An angry person makes a household very sorrowful. Anger is a very bitter enemy. Where there is anger and sorrow that is called hell. Do not make others unhappy due to your anger.

## Good feelings

Good feelings for others are like ointments that heal wounds and re-establish friendship and relationships. Good feelings are generated in the mind, are transmitted through your eyes and smile. Smiling opens the heart and a glance can make miracles happen.

## The Distinction Between Human Souls And The Supreme Soul (cont.)

**Human Souls:** They lose their power and become weak.

**Supreme Soul:** God is the constant and external source of all spiritual power for all human souls.

**Human Souls:** They are brothers.

**Supreme Soul:** God is the Father and Mother.

**Human Souls:** They come into greed, lust and attachment.

**Supreme Soul:** God is bondage-less (free), the liberator of all, including the sages, saints, holy teachers and gurus. He doesn't succumb to the vices.

**Human Souls:** They become worshippers.

**Supreme Soul:** God is ever worthy of being worshipped.

**Human Souls:** They have desires based on bodily needs, name and fame.

**Supreme Soul:** God is completely desireless and selfless.

(To be continued tomorrow ...)

## Soul Sustenance

## Meditation - A Process of Cleansing, Dialogue And Joining

**Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Today we take up:**

## **Cleansing**

Meditation is a useful method to help human beings redirect their life positively and healthily, and to achieve inner stability. The word meditation comes from the Latin word **mederi**, which means **cure**. Curing the inner self is not a matter of taking medicines, but it involves re-establishing the balance through knowing oneself, having the correct attitudes and making the correct use of mental and emotional energy.

**In meditation, we learn to observe our inner self and recover the resources that can cleanse (heal) and harmonize us: peace, love, truth, wisdom, purity and happiness.** Through concentrated thought we learn to let these positive and pure energies manifest (show) themselves in our conscience and in our day-to-day actions.

(To be continued tomorrow....)

## **Message for the day**

**When there is positivity within, nothing negative can disturb us.**

**Projection:** When we have negative thoughts, we usually blame the people around us, or the situations. We give justification for our thoughts and behaviour and so make no attempt to change them. And we constantly find ourselves disturbed by all that happens.

**Solution:** In the most negative situation we must have the practice of finding something positive. This will enable us to maintain our positive thoughts and keep us open to learning from every situation that comes our way.