Floating Lantern Festival, Hawaii

Peace

Stay full of peace yourself and know that this peace will reach your loved ones and ultimately the whole world

Sweetness

Sweetness is a virtue that searches for the good in every person and situation. At its heart is the conviction that there is always something to be found in everything. You have to have the patience to discover it.
What has happened before was good, what is happening now is even better and what is yet to come is the best.

A New Journey with a New Personality

Anyone who shows an inclination in getting to know the Supreme Being closely has a fascinating journey in front of them. **Spiritual knowledge is the vehicle in which I make this extremely interesting journey full of exploration. Without sitting in the vehicle, I cannot make the journey.**

As I sit in this vehicle, I am introduced to this new, multi-faced, peaceful, loveful and blissful character in my life, a character who is spiritually rich with treasures of knowledge, virtues, powers, happiness and blessings, a character commonly called God, by everyone.

He is a character who introduces himself as being just a point of conscient light, a form very simple and plain. **Yet, hidden beneath that simple light, incognito form is an immense volume of experience, wisdom and depth, such that even a lifetime spent in this journey, in his company, does not bring you to knowing him completely.**

The more you dive into the ocean of knowledge contained within the light, the more you discover and the more treasures of knowledge and experiences you receive. **Every time you make contact with this new found companion called God, there is growth inside you and there is an increase of peace, love, happiness and power inside you.** It's just as if after you've begun this journey, you're never quite the same again.

However much time you spend in his company during the journey, whether it be in imbibing knowledge from him or remembering him during meditation or even sharing the benefits of this journey to other friends and relatives so that they can also start this journey themselves and experience what you are experiencing; whether you do either of these for a few minutes or an hour, there's always an experience of subtle growth and development inside you.

(To be continued tomorrow...)

Soul Sustenance Self Transformation (Change) (Part 1)

We nourish the soul by going into the depths of silence and learning to love and appreciate the self. Giving time to do this will bring about a change in how we go about doing things, and this will start to show itself in improved relationships and in quality of life. By adopting a systematic and practical approach, we can assist the changes we wish to bring about in our life, otherwise old patterns of behaviour and the influences of the world will weaken our determination and efforts, like the sea tide washing away a sandcastle.

Here are some practical reminders and steps we can take to grow spiritually and bring out transformation (change) in ourselves:

Create a space for silence
Creating a space for inner silence is important and we can also create a corner area or a room used only for this purpose. In that place there is the opportunity, for instance, each morning to prepare for the coming day and, in the evening, to unburden the mind of any wasteful thoughts and feelings that have accumulated during the day.

(To be continued tomorrow....)

Message for the day

To remain focused is to fill speciality into everything we do.

Projection: Sometimes while moving along, we find ourselves becoming unenthusiastic and slack. Everything seems so ordinary and we don't seem to understand how to make each day special for us. We try in little ways to do something different and temporarily find relief.

Solution: The solution lies instead in changing our consciousness. We first have to make sure that we will never forget our aim in whatever we are doing. Then, no act of ours will be ordinary or waste, as we continue to check if everything that we do is according to our aim or not.