



The Beauty of Argentina

The Peacemaker

The first lesson on the path of becoming a peacemaker is to stop being at war with myself. It is only when the turbulence of my mind ceases that I can begin to make peace with the world.

Timeless Beauty

Now it is time to go beyond words into silence and experience the timeless beauty of peace. In this state of consciousness, the individual soul can move out of the limited moment and meet with the

Supreme Soul in the land beyond time. Just a few seconds of this eternal and unending stage stays with us a long time. We can return from that consciousness and bring back the experience of timelessness. We can recall it any time we choose, for then remembrance of God becomes easy and natural.

The Three Mirrors For Inner Beauty (cont.)

In the last two days' messages, we have explained the first mirror for inner beauty.

The second mirror is the mirror of meditation - In the silence of meditation which is a connection or the experience of a relationship with the inner self and the Supreme Soul, each day you come close to and dive deep into both of them. **When you create powerful, positive thoughts about the self and you also visualize your true spiritual self, you feel and experience your true virtuous being, what you are - radiant and free of all influences. That experience helps you to see yourself as you really are and in contrast to how you are now.** Perhaps you feel peaceless, disturbed and dejected today, but by creating thoughts of peace and contentment in meditation you quickly realize that in reality that is your true nature. In that way, it serves as a mirror for self realization and checking and changing. When you visualize the Supreme Soul during meditation and experience His virtues, it helps you to see and quickly realize yourself in contrast to Him and make the required changes in yourself because the child should reflect the qualities of the Father.

So a good practice then is to look into this mirror and check yourself once in the morning before the day's activities and once before sleeping for 10 minutes each time. Also, since this is the most powerful mirror, it is extremely vital to carry this mirror with you throughout the day and check yourself in it for one minute after every hour. This may sound too much time given to the inner self to many, but all of us are aware that like an untidy, unkempt external self is not pleasing to the self and does not create a favorable impression on those who come in contact with us, in the same way that applies to the inner self also. So one minute spent in looking into this

mirror and doing some self-introspection and checking and changing will keep us looking good for the next fifty nine minutes and if we do mess up internally during those fifty nine minutes, then corrections can be made quickly in the next one minute break - it's as simple as that.

(To be continued tomorrow ...)

Soul Sustenance

Thought Management

If we are stuck or trapped in our own thoughts we will not have control over them. When we observe them, we separate ourselves from them and we provide a space, and this is how we can control them and channel them in the direction we wish. In order to have control over something we must look at it from a certain distance, like an impartial observer. This practice helps us to realise the influences, both positive and negative, that there are in our life.

Observing our thoughts (which we do in the process of meditation) is the first step in understanding and, in the last analysis, taking full responsibility for them.

Message for the day

Where there is enthusiasm, there is the ability to create one's own fortune.

Projection: When things go wrong, or we don't seem to get what we are working for we tend to get disheartened and begin to blame our fate. When we get this feeling we can no longer give our best to improve the situation resulting in a lack of progress in our life.

Solution: We need to remind ourselves that our fate is in our hands. The main thing is not to become passive just blaming our fate but to work with enthusiasm. The more we work with positivity; we will find ourselves

making a very high fortune for ourselves.