



Butchart Gardens: A group of floral display gardens in Brentwood Bay, British Columbia, Canada

## Appreciation

Even if I don't mean to be critical, I often unconsciously home in on others' weaknesses and mistakes, The more I develop the habit of noticing goodness and only holding onto the good in others and situations, the more my own sense of well-being will rise. When I continually think: "He/she is wrong", I create a barrier that prevents me from reaching my own goodness.

## **Purity**

Purity means the complete control over mind, speech, body and action. One's appearance, personality and impressions at any time or anywhere should be leaving positive aura or vibrations by natural means. Simply purity means staying soul-conscious mentally, physically as well as actionably.

### **Relieving The Stress Of Subtle Inner Burdens (cont.)**

We must create the necessary space to share pending matters, messages, ideas and feelings with our loved ones in a safe atmosphere, protected from violence and full of respect. In that atmosphere, we can express ourselves, share and love. We have to create the atmosphere ourselves. It is our responsibility to make the other understand that there is something important that we have to tell them.

In order to live in freedom we have to be aware of all the burdens that we have pending from the past, what things we have to fix, solve, clear up and communicate, and free ourselves from all of them.

To start with, make a list of all the pending conversations that you have. Give yourself a date that is soon and realistic in order to have these conversations. Make them happen. Don't put them off any more.

Don't allow your mind to keep on making excuses. Imagine that today is your last day. What is it that you have to say, communicate, and/or clarify and with who? Do it soon. Today might be your last day or the last day of the person with whom you have a pending conversation.

Living without pending conversations keeps the path clear, your conscience clear, your heart at peace and your mind light.

## Soul Sustenance

### Ending The Day In The Presence Of God (Part 1)

On a physical level, there is complete transparency in a parent-child relationship. When a child is born to a mother and father and the parents see the child for the first time, the child is completely bare. As the child grows in the canopy of the parents, the parents see and know everything about the child, not only in a physical way, but also the child's personality or nature right from childhood. Sometimes, there are certain things about the child that even the child himself does not have an awareness of, but the parents are aware of the same. So, in short, there is nothing that the child can hide from the parents.

In the same way, the Supreme Being, who is a permanent resident of the soul world, has seen from that world, each soul right from the time when it was completely bare or bodiless residing in the soul world with Him, to the time when it took its first physical costume or body on earth and then changed many costumes in the process of birth and rebirth. He not only knows the soul's original sanskaras, which were there in the soul in the soul world, but also each and every costume that the soul wore. He also knows every soul's different relationships while wearing each and every costume; every thought, word or action created while wearing each and every costume and the different personality traits or sanskaras of the soul while wearing each and every costume. That is on an unlimited level. On a limited level, **there is no doubt that the Supreme Soul who is the Supreme Parent of all human souls and is said to possess a thousand eyes; very well knows the mental, emotional and physical activity of the complete day of each soul.** Thus, there is nothing that is hidden about the soul from this Parent.

(To be continued tomorrow...)

## Message for the day

**To have the right discrimination is to save time.**

**Projection:** When we find someone doing something wrong, we immediately start giving corrections and directions. Yet we find that the other person is not in a position to listen to us. In the process of explaining to others we find our time getting wasted.

**Solution:** When we give directions to others we have to first see if they will understand what we are trying to say. We need to understand the other person before we speak. Then our words will make their full impact on others.