



The Virtue of Sweetness

Just as eating and serving something sweet makes your taste buds feel sweetness, and for a while after, you remain happy, become sweet-natured yourself so that words filled with sweetness are constantly spoken. Such sweet words make both you and others happy. Use this method to always sweeten everyone's mouth; constantly maintain a sweet attitude, sweet words and sweet actions.

Be a Master

When there is power within, we are able to do what is required at the right time. We are able to find the resources and use them appropriately. All we have to do is to be a master and order and the right resource will be obediently accessible for use. To say "I will try to do it" is to experience failure even before beginning something. We need to have the thought that I will do it come what may. Then the seed of our thought will be of faith and not of doubt. So we will be successful in doing what we have to.

The Two Dimensions Of Being A Detached Observer

There are two dimensions of being a detached observer - the **inner** dimension and the **outer** one.

Let us look at the **inner dimension** of detached observation. **It is the ability or the technique to stand back from or observe in a detached way our own thoughts, feelings, emotions, attitudes and behavior.** We are creators and our thoughts, feelings, emotions and attitudes are our creation. In fact, this is the first step to becoming a ruler of the self and making the self powerful. If we fail to detach from our thoughts and emotions then they will be our masters, they will go out of control and will, as a result, leak away or waste our energy. Practice simply being the witness of whatever you are thinking and feeling. This is an important aspect of any good spiritual practice and after a while you will find it an experience that both, frees you and empowers you.

The external dimension of detached observation is the technique of being a witness to or an observer of the scenes, of the world around us. As we stand back and watch the scenes of life being played, on the world stage around us, without being actively involved, we can see the 'big picture' more clearly. This makes it easier to judge clearly what is the most suitable contribution that we can make and the most suitable role we can play - through our thoughts, words and actions.

Soul Sustenance

Rajyoga Meditation For Beginners

Let us practise the steps of Rajyoga meditation:

1. I hold in my mind the words Om Shanti, 'I am a peaceful soul':

Let us reflect on this statement, or mantra. A mantra is something that frees the mind from wasteful and negative thoughts, stress and worry. A mantra is usually repeated over and over again in order to get the desired results. However, in meditation it is not a matter of repeating words over and over again without truly understanding them. Otherwise it becomes forced concentration. Concentration of the mind should be natural because, when it is so, the mind can remain in a state of peace and relaxation for a very long time. The result of this is a recharging of the battery of the self, a renewal of energy from inside.

How do we achieve this state of natural concentration on the thought, **I am a spiritual being, I am a peaceful being.**

2. I reflect on 'OM'; the consciousness of I am.

What does I am mean? In this thought, the attention is drawn only to the present moment. I have no need to go into I was, I will be, I hope to be or I should be. To go deep into the self, **I need to be completely in the present.** This thought of 'I am' takes me into the consciousness of self-realisation.

3. I focus and concentrate on the thought until I stop thinking about it and experience it.

These are the primary steps of silence and must be mastered correctly.

Message for the day

To be wise is to enjoy the beauty of life.

Expression: Wisdom gives the understanding that life does not function haphazardly. It teaches that everything that happens in this theatre of life has deep meaning and significance. Wisdom also brings the understanding that what is reaped today is a result of what was sown yesterday. So whatever actions are done now are filled with positivity and beauty - for, there is always the desire to reap better fruits.

Experience: When I have the true understanding I find myself satisfied and content with everything that is happening in my life. Yet there is the desire and the urge to go on being creative and using my resources for the benefit of all. I go on planting beautiful seeds of positivity and power. So I continue to enjoy the fruits of the seeds I plant. I never stop with obstacles but move forward with confidence.