



### **Peacemaker**

The first step on my path to becoming a peacemaker is to be at peace with myself. It is only then that I can make peace in the rest of my world.

## **Creativity**

Silence brings creativity. Every great invention of science or art has always been in silence. Silence just doesn't mean that we don't talk or there is no noise. Silence is a beautiful quality of the mind where we are able to experience the peace that is within. This automatically brings out the best from within us. It is very important to spend a few moments each day in solitude. During this time we need to practice stabilizing ourselves in a single thought of peace. Let the experience of peace from us flow to others too. During interactions too, let us redirect our mind to a state of peace. Consistent practice like this will help us become more and more creative.

## **Varied Concepts About The Supreme Being or God - cont.**

There is an endless variety of human theories and concepts which appear to create confusion and even hatred among people when they are opposed to each other, but ultimately I must ask myself how far "I", the individual, have the experience of His powers and qualities.

The basis of forming a relationship with anyone is knowledge of who they are, what they look like, where they are from, and what they do. Similarly if I am to have the awareness of myself as a soul, and emerging from that, a close relationship with God, the Supreme Soul, then I must know:

- \* Who He is?**
- \* What His form is or what does He look like?**
- \* Where He is or where does He reside (stay)?**
- \* What His personality traits or *sanskars* are?**
- \* What His acts or *karmas* are?**
- \* What is my relationship with Him?**

God is living and real, not a matter of scientific research. It is necessary for me to re-establish a living relationship with Him, on the basis of complete knowledge of Him. My connection should not be based on the fears and superstitions of the past.

## Soul Sustenance

### Enhancing (Strengthening) Qualities with The Help Of Meditation (Part 2)

**Think and visualize alongside the following words in your mind so that you begin to feel and experience what is being described. Soft music may be played in the background.**

I remove my awareness from my physical body and my surroundings in which I sit and turn my attention inwards... I become aware of many thoughts going through my mind... I look at my thoughts from a detached observer point of view. I watch each thought come and then move on like light clouds in the sky... As I am a witness to my thoughts, their speed of coming and then moving on begins to slow down; my thoughts reduce in number... Gradually, I focus my attention on the idea of peace... I experience an energy wave of peace gently washing over me, removing all anxiety and stress from my mind... There is just peace... my thoughts fade away... In this moment, it is as if ... I ... am ... peace  
My mind is now calm and clear - peace becomes a feeling... I experience deep contentment within... I relish the taste of this inner state... I realize, this is my natural state; this is what I like... Having returned to my natural state of peace... I sit for a while, enjoying these feelings of calmness and serenity... I feel that in a short while, I have collected the treasure of peace...

Now I bring in front of the eye of my mind a situation that I very commonly face in my office or at home... I visualize myself maintaining my state of inner peace using the treasure I have just collected and how it is affecting my thoughts, words and actions in the situation... I feel the power of peace helping me and others... I gently repeat the scene in my mind and begin to see how the power of my inner peace gets radiated to others around me through my thoughts, words and actions and then reflected back to me by them... With this feeling of total peace, I gently return back to my awareness of this physical body, of this room.

Practice the above meditation for about 10 minutes at least twice a day. The best times are in the morning before the day starts and then once again in the night, before going to bed.

## Message for the day

**To tighten the loose screw of carelessness is to be powerful.**

**Expression:** The one who is careless is not able to use the powers and the skills that he has. All the positive qualities within are wasted, because the one who is careless is not able to use them in the best possible way. But the one who is able to tighten the loose screw of carelessness is able to recognize and use the potentials that are within. So there is power visible in such a person.

**Experience:** When I am able to be free from carelessness, I am able to move forward with lightness and happiness. There is no difficulty of any situations experienced and I do everything to the best of my ability without giving any excuses. I am able to experience being powerful under all circumstances, as I am the master of the situation.