



Wisdom

You are a wise soul who unlocks the mysteries of life by beginning with the self.

The Practice Of Meditation - cont.

As explained yesterday, we regularly and quite easily slip into four main negative habits. So meditation is not only sitting in a quiet corner, and connecting with the self and the Supreme, at a couple of fixed times during the day, but **it is also the way to gently remember and remind ourselves, many times in a day, that we as well as others, are souls or spiritual beings not physical beings**, by detaching ourselves from actions and also while being involved in actions. These reminders given to the self over a period of time become natural and prevent us from succumbing to these four habits. Given below is a basic meditation, which you could use to remind yourself regularly during the day:

I have a body but this body is not me...

I have thoughts but these thoughts are not me ...

I have feelings but these feelings are not me ...

I have attitudes but these attitudes are not me ...

I have emotions but these emotions are not me ...

I have beliefs but these beliefs are not me ...

I perform many actions through my sense organs, but these sense organs are not me...

I play many roles but I am not my roles...

I experience joy or sorrow through my sense organs, but these experiences are not me ...

I am a soul - a being of energy, which is neither created nor can be destroyed, and my original and true nature is one of peace, love, joy and power...

Soul Sustenance

Spiritual Roses of the Supreme Gardener

The main features of physical flowers are their colour, form and fragrance, by which we judge their beauty. All these characteristics have their own unique importance. Introducing oneself to spirituality is like giving oneself into the hands of the Supreme Spiritual Gardener or the Supreme Being (God). Like a physical gardener who possesses qualities of patience,

tirelessness, love, far-sightedness, faith etc. on a limited level, the Supreme Gardener possesses these qualities on an unlimited level, which he uses to bring us up. As we remain under his sustenance and care, over a period of time, we blossom and are transformed into beautiful spiritual flowers, and our thorns fall away. When we look at ourselves as spiritual flowers, our colour symbolizes spiritual knowledge. **Depending on how we imbibe the wisdom shared by the Spiritual Gardener and bring it in our day-to-day functioning; in our thoughts, words, actions and relationships; the more beautiful a colour we take. Our form is shaped depending on the quality of our connection with the Supreme Being, the Gardener. The deeper and stronger the connection, the more beautiful the form. Lastly, our fragrance refers to divine qualities like sweetness, humility, tolerance, carefreeness, purity and many more, which we develop.** Physical flowers with a good colour, form and fragrance, attract everyone around them. Seeing and coming close to them, gives one an experience of joy. The same holds true for spiritual flowers.

Roses are considered the king of all flowers, with the best possible colour, form and fragrance. Spiritual roses are those souls which continuously remain in a spiritual consciousness and spread the fragrance of that consciousness to others. Their thoughts, words and actions get shaped according to this consciousness. They have a deep relationship with the Spiritual Gardener and are always eager to ensure that others also experience that relationship and become spiritual roses, which is a deep wish of the Supreme Gardener, for every spiritual being. They help him in fulfilling that wish.

Message for the day

The one who is aware of the attainments is the one who is content.

Projection: Sometimes, there is a tendency to compare ourselves with others and find ourselves lacking in some way. This creates unhappiness in us and we are not able to remain content. Comparing ourselves with others or having expectations makes us miss out on perceiving the attainments we have in our life. And we are not able to experience contentment.

Solution: Instead of looking at what we don't have, which is usually the practice, we need to make effort to see what we have attained or what we are attaining. Once we make this practice, we will be able to look at the positive aspect in our life, which will enable us to remain content under all circumstances, i.e., in both positive and negative situations.

Accept Challenges

In many situations that life brings our way we have two choices - either we meet them bravely and take up responsibility for our own lives and the choices we make, or, we just try to escape. Many times we find ourselves taking the second way, which brings neither external success nor internal satisfaction. Internal satisfaction lies more in accepting challenges than in trying to escape them. I need to remain on the field in the game of life instead of just being a spectator. The more I play the more expertise I gain. This thought enables me to accept the different challenges that life brings.