



Be the Example

Instead of teaching others by telling them, teach them by doing it yourself.

How can we free ourselves from subtle aspects of anger?

Keep the aim of making your each and every day – your every moment – victorious. Think: this day, these hours and minutes, will not come again. We can't lose another second on this; our immediate attention is needed! If we are still thinking about something we don't need to be thinking about, it means we are still wasting time and energy.

Turning Qualities Into Powers

An important aspect of God or the Supreme Being, remembered throughout history in all cultures and traditions, has been the concept of God being an Almighty Authority. The interpretation of this concept has been varied, however:

Some have conceived a God who is fearsome and revengeful and one who punishes. That is very different from the experience of God, in meditation, as a gentle, benevolent (generous), merciful parent; as a teacher of absolute spiritual wisdom or knowledge, but a wisdom that has total humility, and is free from the demands of ego.

Yet, it is also the experience of the soul that God is the Almighty Authority, the source of all power and strength. **When I meditate and connect with the Supreme, I experience a state of truth in which the combination of all the original qualities of the soul -- peace, love, purity, wisdom and happiness -- fills me with a positive power --** a power that overcomes negativity in myself and others, so that those I am connected with become better able to experience their own truth. This power also extends to my physical surroundings, transforming the atmosphere around me.

(To be continued tomorrow ...)

Soul Sustenance

The Law of Focus and Attention (Part 2)

If our attention is focused on people's defects and weaknesses, we transmit energy to these aspects and strengthen these weaknesses in the other person and in ourselves. If, on the other hand, our attention is directed at the positive aspects of others, we reinforce these qualities and virtues and help this person express them, which is also beneficial to us.

Our personality is made up of a series of values, beliefs and habits. If we wish to transfer our energy to new and positive aspects of ourselves, we must choose the personality traits that we want to emerge from us, focusing our time and energy on them and, in this way, this virtue, value or quality will manifest itself in our life.

Message for the day

The way to bring transformation in others is to have mercy for them.

Expression: In spite of wanting to bring about a positive change in people and working towards it, I rarely find that kind of change that I expect. People continue to display their old patterns of behaviour and finally I end up only feeling disappointed or frustrated.

Experience: Real change can come in people only when I am able to have a vision of mercy for them. With mercy I am able to perceive and bring out the best in people without actually being caught up with expectations. Once I am able to see the positive qualities I am able to encourage them to use these qualities.