



Aurora Borealis over city of Hammerfest, Northern Norway

## **Embrace Change**

When you are aware and accept that everything around you is constantly changing, and that you have no control over 99.99% of it, you are able to embrace change like a close friend! Change is a like a river, constantly flowing and moving things around. The river of life is constantly bringing you ideas, people, situations - each one is an opportunity to be enriched or to enrich others, and to learn. Change is the play of the universe as it entertains us in the biggest light and sound show of all time. Why not sit back and enjoy the show?

## **Increasing The Power Of Discrimination To Improve Actions**

Many people feel internally and complain that their intellect is not as clear as they would like. One of the aims of meditation and spiritual knowledge is to **make the intellect strong, clear and clean, as a result of which there is an increase in the power of discrimination. An increase in this power helps us maintain a sense of what is right and wrong while performing actions and implement that awareness.**

Meditation brings about self-realizations whereby you realize what is happening inside you. Sometimes, while observing someone, we use the phrase: "He/she doesn't know what he/she is doing", referring to someone who is acting in an incorrect way. If we are to act in an appropriate way, we need to be aware and be awake to the consequences (results) of our actions. **The voice of the conscience brings with it that state of awareness, awakening, realizing and discrimination.** This is because, in meditation you feel quiet and you focus your thoughts inwards. In that state, the sound of the voice of the conscience is perceived and heard. It is a voice that is not affected by material worries or a preoccupation about one's image and public appearance. **During meditation, you are completely focused on the present moment of spiritual empowerment and not distracted by:** karmas which are necessary but unnecessary to be thought of that time, noise, unrelated ideas of the past and the future, mental chatter, etc., basically everything that separates you from your true spiritual self. In this way you can listen to yourself within and as a result ensure to the maximum extent that your karmas are appropriate and accurate.

## Soul Sustenance

### Meditation To Discover Your Inner Beauty

Given below is a meditation to reflect on and experience the original qualities and virtues of the soul. When you are in contact with these treasures, you begin to shine.

Create a space within you. Sit down and go within. Look at your being in a different way. Look at what beautiful things you have within, and learn to recognize them.

I allow my body to relax ... I breathe gently and deeply... My physical senses relax ... I can feel more and more how my body is calming down... I direct my attention to within, as if I was looking through a window... I discover a silent space... tranquil... calm... Here I feel safe from any outside influence... I can feel the silence ... My mind is quietening... it becomes silent and peaceful... The expansion of my thoughts fades... I concentrate on my true being... The lake of my mind is serene... clean... transparent... Everything is clear ... I can feel my own presence... I feel the pure energy of my being... I am shining like a beautiful star of divine light at the centre of my forehead... My original qualities like bliss, love and purity begin to shine at the heart of my soul, like a fountain of water that comes from a spring... I begin to recognize these treasures that rise up within me...

I concentrate on them and make them emerge, feeling that I am those qualities... I am a spiritual being... I am a being of light... I shine and sparkle with unlimited peace, happiness and love... I feel the peace... I am at peace... I am a being of peace... I feel the love... I am a being full of love... of good feelings, of acceptance towards everybody... My heart is strong... I feel that I am a being without limitations... with great strength... I glimpse what I really am... a being of authentic light... strong... radiating this light towards all people... towards the whole world... I stay in silence ... and I smile.

## Message for the day

**To be elevated is to perform every task with understanding.**

**Projection:** To understand means to know what to do. So the one who understands and performs the task with this understanding surely performs only elevated tasks. No task is negative, or waste. Nor are actions ordinary, but each and every action is special because there is clear understanding. Others too get inspiration from such actions.

**Solution:** When there is clear understanding of what I have to do, I am able to do what is right. So in this process, I find that there is a lot of time and energy saved and I am able to move forward very easily. I find that I am able to use my speciality in the right way bringing benefit to myself and others.

## Empowerment

Regardless of the existing splendor of the artificial modern world, we are genuinely impressed by anything that is natural, such as beauty of nature and its living creatures, wonders of the human body, amazing creative abilities of the human intellect etc. We tend to unknowingly connect or harmonize with people or things that mirror our qualities of peace, balance, stability or the values we aspire for. However, a piece of artistic beauty, place of entertainment or worship etc gives memorable but short-lived experiences. As my Supreme Parent and Companion, God alone can empower me with the will to actually live by these cherished values. When I give more time to contemplate on His greatness and purity, I develop the courage to unveil and share my own goodness with all.