



## **Quality Spotting**

A compassionate person develops an eye for spotting the qualities that make each person special. Even when others are at their lowest ebb, it is possible to help them restore their self-belief by keeping a firm, clear vision of their goodness and specialties. Taking a gently encouraging approach, I must never give up on anyone.

## **A Free Bird**

When everything is going on well there is enthusiasm and interest to move forward. But when even a little thing goes wrong, we lose all enthusiasm to do anything else. This creates bondage and there is difficulty or inability to put in effort to move forward. I need to remind myself that to be enthusiastic in all situations is to be like a free bird reaching great heights. That means no situation makes me like a caged bird, which has all the opportunities but does not know or does not believe in using them. When I am able to experience this inner freedom at good times and appreciate this joy constantly, I am able to sustain this even when things go wrong.

## **Meditation Commentary For Good Health**

Given below is a simple meditation commentary which can be used to heal the physical body. Think slowly and visualize side by side each positive thought given below before moving on:

I sit quietly and turn inwards.....

I visualize a pinpoint of light, a sparkling star, the source of pure energy that I am.....

located in the center of my forehead.....

In this awareness, white rays of the divine light of purity from me extend into my entire physical body in the form of a laser beam.....

These vibrations of purity soothe, heal and energize my physical system.....

The impurities, toxins and illnesses in the body are being washed away and thrown out from the extremities (corners) of the body.....

The body starts experiencing its original inner beauty.....

It returns to a state of harmony (peace), to a state of good health.....

## Soul Sustenance

### Taking Responsibility, Overcoming Guilt (cont.)

If there are people or situations that lead you to fall over the same stone i.e. they lead you to make the same mistake, which was committed earlier, again, **perhaps you will have to avoid them for a few days or a time, until you have strengthened yourself and have the inner security that they will not influence you.** This is not running away; it is wise knowing your weaknesses and knowing that to get into similar situations with the same people is only to repeat the same errors and to worsen your wellbeing and that of the other. Trust in yourself. You can overcome these mistakes and stop making them. It is a question of loving yourself and living. Out of love, you stop hurting yourself and hurting the other.

Crying over past mistakes, you don't mend anything. Open yourself to forgiveness. **Raise the level of your thoughts so that they don't keep you in a state of sadness and loss of hope.** Don't allow your inner judge to sentence (punish) you each time that you act, since that way you won't feel free. Your judge that you carry within makes your life bitter; however, it is you that gives this judge the capacity to exist. **If the inner judge is in harmony with our conscience, it is good, because it wants to protect us.** On creating guilt it warns us that we have broken a rule of our code of beliefs, values or behaviors. It alerts us to the fact that we are acting against something important of ourselves. At those moments it helps us to observe and question what is real, true, important and even sacred in our life and for us.

(To be continued tomorrow ...)

## Message for the day

**To stamp every thought with the stamp of determination is to be victorious.**

**Projection:** When there is determination in thoughts, there is naturally the ability to give the best in spite of all the obstacles. Situations will not deter such a person from achieving what he set out to. And so there is naturally constant victory for the one who is always determined.

**Solution:** When there is determination in my thoughts, I am never afraid, whatever happens. In fact obstacles only serve to strengthen determination. I never give up what I have started. It is determination that enables me to add power to my thoughts and make them practical.