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Perfect and Pure

## **Perfect and Pure**

There is a part of you that is perfect and pure. It is untouched by the less-than-perfect characteristics you have acquired by living in a less than perfect world. This part of you is a still and eternal star. Make time to reach it and this will bring you untold benefit.

## **Simplicity**

There's great beauty in simplicity. It's not plainness; however it is plain in the sense that words and actions are enacted with great royalty, full awareness and with so much significance. Simplicity takes us away from

artificialities, it simply accepts and in that acceptance shows us grace and humility in every circumstance.

### **The Role Of My Intentions In Shaping My Future**

The word *karma* has been given many negative meanings. In common language, most people almost always relate it to suffering, but the simplest meaning of karma is action. Newton's Third Law of Physics (every action has an equal and opposite reaction) is a physical law of motion. The Law of Karma is the metaphysical (non-physical) equivalent of the Newton's Third Law - it refers to action and its result (fruit) or, simply, cause and effect. The quality of my actions, thoughts more specifically determines my personal level of happiness. Our natures today are the result of everything we have thought; they are formed by our thoughts. It's not so much the act that determines the return or fruit but the quality of the motive or intention behind it e.g. in the simple task of buying a new car, the intention can be different in the case of three different people:

- \* I need to buy a good car; it's an urgent need of my family (concern).
- \* What if I am not able to buy that car model which my wife so badly wants (worry)?
- \* With me at the wheel of the brand new car, which I will be buying soon, I will be the talk of the town, my office colleagues will really be jealous of me (ego)!

Although the action is the same in each case, each of these attitudes will lead to a different result. This role of intentions become clear when analyzing the difference in guilt between an army officer who kills another while protecting his country and another person who plans for months to commit a murder out of personal enmity and hatred. The karma of taking the life of someone is the same in both cases, but the return or fruit of the karma depends on the intention.

## Soul Sustenance

### The Lamp Of Hope

You create the future basing yourself on what you think, feel and do in the present. If you act according to your values, it is easy for you to trust in your destiny. That strengthens your hope that all will go well, and, if it doesn't, you know and trust your inner resources or treasures to be able to deal with things and change. That trust feeds the enthusiasm, the motor energy that, along with motivation and passion, helps us to advance.

When you lose courage and you feel weak, when you feel insecure and do not see with clarity where to go towards, hope lights the way for you to carry on going forward. If you fall, get up again and carry on looking ahead. Don't look back. Don't let your past be a burden that is too heavy and prevents you from advancing. Focus your vision on your objective and on all your potential to achieve it,

Whatever happens, keep the lamp of hope lit. You can. You will achieve it. Change will become reality. You will free yourself from the shadows of fears, blockages and the other limitations that weaken you.

Live each situation as an opportunity. Learn from criticism and failures. On living life as a constant opportunity for personal growth and learning, you keep hope always alive.

**Give yourself moments of silence on beginning each day, during the day and on finishing the day, to connect with your inner self.** That way your awareness stays awake, the lamp of your hope, your motivation and your values remains lit.

## **Message for the day**

**Detachment gives the power to be uninfluenced by desires.**

### **Projection:**

When we are able to use the power of detachment that is within us, we are able to go beyond the attraction of things even whilst using them. We will be able to be in the consciousness that we are the true masters who use all things as and when needed, while being uninfluenced by them.

### **Solution:**

When we find ourselves having a desire we should remind ourselves that we are the ones who are the creators of things. So we are the ones who influence and not the ones who are influenced by the creation. This will easily make us detached from the things that we are using.