



Sky Lantern Festival, Taiwan

### **Light of Hope**

No matter how dark the situation, let me always hold on to the steady light of hope.

## Spiritual Well Being

Our spiritual well being can be measured by the quality of our inner peace, our ability to create stillness at will and our capacity to radiate love from our heart into the world. Unfortunately it seems we have decamped from our hearts and moved to take up residence in our minds. We have become unendingly busy, creating thoughts filled with worry, anxiety, frequent frustrations and rising levels of anger. Like the layers of an onion these mental and emotional states gradually accumulate and suppress our spiritual heart. Negative mind sets to starve our physical heart and our everyday relationships of the oxygen of love. Busy minds also lead to busy and tired bodies. Perhaps this is why we now see meditation enjoying a rising tide of interest and practice. Meditation is the oldest and most effective way to quieting the mind, release past hurts, be fully present to know the joy of the moment, transform the quality of our thinking and begin the healing of our heart from inside out.

### **Making Your Dream A Reality (Visualization)**

I relax my body... I let go of all tensions... I reduce the speed of my thoughts... I relax my mind, my thinking... I let go of what doesn't let me be well...

What is it that I the soul truly long for? What do I want in my life?

I listen to the answer that arises from the inside of the self... I let the answer come out spontaneously... I don't worry about it...

I visualize what I want and where I want to reach... Now I fly; I fly towards the destiny that I dream of... I visualize myself being what I want to be, doing what I want to do... Without fears, without strings that hold me... I am who I want to be... I see myself like that, having achieved it... I enjoy some moments of this experience... **I experience my dream...**

I can achieve my dream... **I have to visualize it as if I had already achieved it... This strengthens my capacity to achieve it...**

Now I return to the present moment... I prepare myself to enter into action with this conviction... I will make my dream a reality...

## Soul Sustenance

### “Karmas” In Spiritual Consciousness (Part 2)

**Vikarmas** or negative actions are those actions performed in body-consciousness. **Sukarmas** or positive actions are those actions performed in soul and Supreme Soul-consciousness. Given below are some more differences between the two (we had explained a few yesterday):

Body Consciousness: Relationships become bondages (burdens) and causes of sorrow rather than enjoyment.

Spiritual Consciousness: Relationships with others are purified and elevated. There is no sense of bondage.

Body Consciousness: Conflicts, which can be called clashes of sanskaras, occur between souls. There is negativity, sensitivity and disunity.

Spiritual Consciousness: Souls are able to harmonize with each other with happiness and peace.

Body Consciousness: Actions are performed to attract or impress others by the physical identity.

Spiritual Consciousness: Actions are performed to bring others also into relationship with the Supreme Soul.

Body Consciousness: Charity performed for others has the shadow of ego and has limited results.

Spiritual Consciousness: The highest charity of introducing other souls to the Supreme Soul is performed selflessly through thoughts, words and actions.

### Message for the day

**To be free from attachment of one's own qualities is to have the ability to work on the self.**

**Expression:** The main form of attachment of the self is the attachment to both one's own specialities and weaknesses. When there is the ability to free oneself from this kind of attachment there is the ability to work on both. There is the awareness of them, but not bound by them. There is the ability to use specialities with love and according to the need. There is also special attention given to finish weaknesses.

**Experience:** When I am free from attachment, I am aware of them, but there is neither arrogance of the specialities nor any inferior feelings for the presence of the negativity within me. I am able to experience detachment from them and able to use my specialities with ease. I am not disturbed with the presence of the weaknesses but am able to win over them with ease.