



Determined

Single minded but flexible, like a river forging its eternal route, I am dedicated to completions and natural conclusions. There is nothing that cannot be achieved. There is nothing that remains permanent. I keep on moving with love and purpose towards my destination. My resolve is firm, my aims are clear.

Spiritual Roses Of The Supreme Gardener

The main features of physical flowers are their colour, form and fragrance, by which we judge their beauty. All these characteristics have their own unique importance. Introducing oneself to spirituality is like giving oneself into the hands of the Supreme Spiritual Gardener or the Supreme Being (God). Like a physical gardener who possesses qualities of patience, tirelessness, love, far-sightedness, faith etc. on a limited level, the Supreme Gardener possesses these qualities on an unlimited level, which he uses to bring us up. As we remain under his sustenance and care, over a period of time, we blossom and are transformed into beautiful spiritual flowers, and our thorns fall away. When we look at ourselves as spiritual flowers, our colour symbolizes spiritual knowledge.

Depending on how we imbibe the wisdom shared by the Spiritual Gardener and bring it in our day-to-day functioning; in our thoughts, words, actions and relationships; the more beautiful a colour we take. Our form is shaped depending on the quality of our connection with the Supreme Being, the Gardener. The deeper and stronger the connection, the more beautiful the form. Lastly, our fragrance refers to divine qualities like sweetness, humility, tolerance, carefreeness, purity and many more, which we develop. Physical flowers with a good colour, form and fragrance, attract everyone around them. Seeing and coming close to them, gives one an experience of joy. The same holds true for spiritual flowers.

Roses are considered the king of all flowers, with the best possible colour, form and fragrance. Spiritual roses are those souls which continuously remain in a spiritual consciousness and spread the fragrance of that consciousness to others. Their thoughts, words and actions get shaped according to this consciousness. They have a deep relationship with the Spiritual Gardener and are always eager to ensure that others also experience that relationship and become spiritual roses; which is a deep wish of the Supreme Gardener, for every spiritual being. They help him in fulfilling that wish.

Soul Sustenance

Resolving the Inner Identity Crisis (Part 1)

At the present moment in human history, almost every individual has lost the awareness of its real or true self. This has happened very gradually as each individual has progressed in its journey of birth-rebirth and has kept on attaching itself to various different things and as a result losing its sense of self in things that it is not i.e. identifying with things that it is not. In a way it can be said that this took the self far away from itself. **This personal, internal identity crisis has led to a universal, external identity crisis, which has resulted in an emotional crisis resulting in peacelessness and sorrow in our inner world as well as in the outer world.**

This inner identity crisis is the root cause of the multitude of deformed emotions that exist inside us like anger, ego, lust, fear, comparison with others, greed, hatred, low self esteem, dependencies etc. all of which have brought us and keep on bringing us pain. We explain this with an example – suppose you have just constructed a new apartment. While making it and once its ready and you are using it, you have become excessively attached to it i.e. you have started identifying with it. Due to this false identification, the first emotion that gets created inside you is ego. If someone were to criticize the apartment even slightly, you would react immediately with anger. You constantly fear any sort of harm to the apartment. You even compare it with apartments that others possess. You also start looking down at people whose apartment is not as good as yours i.e. you create emotions of hatred for them. If something negative were to happen it, it affects your mental state immediately i.e. your happiness has become dependent on the material possession. Your temporary success along with the recognition that it brings you from others leads to the desire of more success of a similar type i.e. possess some more things - bigger and better, which is nothing but greed etc. The seed of all these incorrect emotions is my over-identification with this newly acquired possession. All of these wouldn't exist inside me, if my relationship with was one of detachment with it. In this way, we identify with various objects and people in the whole day, which leads to the creation of such emotions inside us.

(To be continued tomorrow ...)

Message for the day

The one who has the power of realisation is the one who can bring transformation.

Projection: When something goes wrong we immediately begin to look for excuses why that mistake happened. This finishes our power of realisation and we will not be able to recognise our own mistake. Then we will not be able to work at improving ourselves and we will not be able to bring any transformation.

Solution: Instead of looking for excuses for what happened, we need to take the opportunity to check within ourselves and see our own mistake. When we recognise our mistake, however small it may be, we will be able to work on it. Only when we are able to realise our own mistake, will we be able to bring about transformation in ourselves.

Discipline

Throughout the day I find myself having to give explanations or corrections to so many people. When I do this I find that I have to spend a lot of words. In the process I tend to lose a lot of my energy and find myself tired. It is not the work but the words that make me tired. In order to save my energy and to use fewer words I need to have the balance of love and discipline. Discipline will enable me to give the right directions while love will make my directions effective. So I find that just a few words would be enough to get my message across. I am able to get the benefit of getting the work done and also win the good wishes of others.