



Artist- Dona Gelsinger

An Angel

Acceptance gives me the experience of being like an angel: never judging, never criticizing and never worrying.

Unique Capabilities

Each and every human being has capabilities, which are special and unique. To be aware of one's own specialties is to contribute them to every task. Such a person is able to cooperate under all circumstances and with all people. There are no conditions attached to the contribution of these resources. When I contribute to every task with my own specialties I have double satisfaction. I have the satisfaction of having contributed something and I am also free from expectations from others

Turning Qualities Into Powers

An important aspect of God or the Supreme Being, remembered throughout history in all cultures and traditions, has been the concept of God being an Almighty Authority. The interpretation of this concept has been varied, however:

Some have conceived a God who is fearsome and revengeful and one who punishes. That is very different from the experience of God, in meditation, as a gentle, benevolent (generous), merciful parent; as a teacher of absolute spiritual wisdom or knowledge, but a wisdom that has total humility, and is free from the demands of ego.

Yet, it is also the experience of the soul that God is the Almighty Authority, the source of all power and strength. **When I meditate and connect with the Supreme, I experience a state of truth in which the combination of all the original qualities of the soul -- peace, love, purity, wisdom and happiness -- fills me with a positive power --** a power that overcomes negativity in myself and others, so that those I am connected with become better able to experience their own truth. This power also extends to my physical surroundings, transforming the atmosphere around me.

(To be continued tomorrow ...)

Soul Sustenance

Freedom From The Dependency On The New (Part 2)

In the market, there always appears the novelty (newness) of the same product wrapped differently. There always seems to be a new soft drink, a new kind of chocolate, but they are really the same products as always. The only thing that changes is the packaging and their image. Some children, whenever they go to the market, want the new kinds of biscuits, pastries, etc. They always want new things that then stay in the fridge. We encourage this by telling little children that happiness is stimulation, the new is stimulating, and comes from the outside or you get it from the outside. We create an addiction to the new; in this case, to the newness of the packaging. What kind of newness is that!

When, in order to be happy, you need to go shopping, you try to fill yourself with something that isn't you. You try to find wholeness by filling your life with material things. A soul who is spiritually awake knows that they are already complete and they do not need to depend on the purchase of something new regularly for feeling full internally. The only effort is in remembering and reconnecting with their whole self, their complete self; reconnecting with their inner treasures of spiritual wisdom, virtues and powers.

Message for the day

To celebrate means to finish all trace of the old.

Expression: We find that whenever there is an occasion, we are full of zeal and enthusiasm for that day. However this doesn't continue for long and we find ourselves getting caught with our old nature. We then give the excuse to ourselves saying, 'this is how I am, and this is my nature' etc. Once we start working with our old nature we cannot be enthusiastic anymore.

Experience: Each new festival is an occasion for us to finish something of the old. We only need to take a determined thought to remove something of our old nature. We no longer need to give excuses, but make the firm promise to ourselves to transform. Our zeal and enthusiasm will then never lessen and we will continue to celebrate with constant enthusiasm.