



Generosity

If I limit the love I give to just one or two, it will eventually go stale. If I learn to create altruistic love inside my heart and then silently send that love to many, love will grace every corner of my life.

Creativity

Creativity is to use inner resources for enrichment. Situations give us a chance for us to use untapped resources creatively. Otherwise situations take away our clear thinking, our perception of our resources and so we become weaker and weaker. We first need to understand that difficult situations are not obstacles but are opportunities for us to creatively use all the resources for our own enrichment. When I understand this, I will be able to first perceive what I have and use that for progress.

Varied Concepts About The Supreme Being or God

Various questions related to the Supreme Being or God for the vast majority remain unanswered and therefore the experience of God remains unfulfilled. The concepts about God are as varied or different as are the *sanskars* of human beings.

Some common concepts about God:

- * Some say God is everywhere.
 - * Some say He is nowhere.
 - * Some say He created the whole Universe out of nothing or out of Himself: others see that as illogical and impossible.
 - * Many say God is beyond the understanding of limited human intellects, others believe that they have understood Him and are then respected as *self-realized* or *spiritually knowledgeable* humans.
 - * Still others believe themselves to be God and allow themselves to be worshiped.
 - * Some say that God creates only what is good, and others say that He also creates evil or bad, and that everything that is happening in the world is just *God's play*.
 - * God is seen by some to be just an expression of human beings' needs and that they will soon go beyond needing such a figure-head (someone who is looked upto).
 - * Some say He makes the grass grow and the wind blow, others say He is merely the *voice of the conscience* - the *inner voice*.
 - * Others define God as the higher self who remains constantly at peace; this concept is called *cosmic-consciousness*, since the one with this characteristic is said to be *at one with the whole universe*.
- (To be continued tomorrow ...)

Soul Sustenance

Enhancing (Strengthening) Qualities With The Help Of Meditation (Part 1)

The present lives of most people are filled with frequent phases of stress and anxiety. The meditation which we are sharing with you in this set of messages will help you focus on the experience of the quality of inner **peace** and tranquility and combat this stress or unwanted noise of negative thought and visualization processes. There is an important **basic principle** on which meditation is based - **where our attention goes** i.e. what we give our thought power and visualization power to, there **the energy of the mind and intellect flows; and where energy flows, things grow.**

If we give our thought power and visualization power to something positive or constructive or useful, there is a constructive use of the energy of the mind and intellect, there is a buildup of the positive energy of the mind and intellect and hence there is a feeling of empowerment (strengthening). If we give our thought power and visualization power to something negative, there is a wastage of the energy of mind and intellect and hence there is a feeling of disempowerment (weakening).

When applied to the virtue of peace, **as we 'give' our mental or emotional attention to the topic or idea of peace, we feed it with the invisible energy of our mind or consciousness; as a result it grows from a thought into a deep feeling of peace and the final result is the experience of inner peace** – not only do our thoughts and feelings become peaceful, but our words and actions are also filled with a peaceful vibration, which is not restricted to us but which others around us also experience and absorb.

Inner peace is not a state of timidity or submissiveness. It is a state of inner power. Experiment with the thoughts we will mention **tomorrow** in our meditation. Using the meditation as an example, you could meditate on other qualities such as **fearlessness, love, humility, happiness, tolerance, flexibility**, or any other quality you would like to strengthen or enhance within yourself.

(To be continued tomorrow ...)

Message for the day

Change comes with what is done than what is thought of.

Expression: Thinking about others' actions can give a headache. Instead it is good to think about what is to be done. If someone is doing something wrong, instead of risking one's peace by raising complaints in the mind, it is good to do something to change the situation. When this is done, it creates good feelings for others. These good feelings become like ointments that heal wounds and re-establish friendship and relationships.

Experience: When I am able to think about what is to be done in all circumstances, I can find myself progressing. There will naturally be the understanding that there can be nothing that can be done to change the other person, so I am able to be happy and content under all circumstances. Yet I am able to have the enthusiasm to make effort to change the situation.