



Artist: Josephine Wall

## **Riches**

The greatest good we can do for others is not to share our riches with them, but to reveal to them their own.

## Challenges

The one who has the courage to process problems or challenging situations is the one who faces them with courage. He never tries to escape the challenge. Nor does he try to suppress the thought about the problem. He instead uses all the available resources for constant growth. When I understand why the challenge has come my way, I am able to remain content. I am free from waste thoughts or questions about others. I see a solution in each and every problem. So the problem doesn't remain a problem for me. I don't suppress thoughts that might emerge at a later time.

## Soul Wound Healing Through Meditation

Our connection with the Supreme Soul, through meditation, is the best way of healing the inner wounds and negative traces, inside the soul, which have been left by the negative *karmas* of the past. Given below is a meditation commentary that will help you to absorb the positive healing energy of the Supreme in order to do the same:

I become aware of myself as a tiny sparkling star of light, situated just above the eyebrows - a soul... In soul consciousness, I experience the beauty of the many qualities like peace, love and bliss; of the spiritual being that I am... Now I turn my mind to the soul world... Over there, I visualize, in front of me - a sparkling Sun of golden light - God, the Father and Mother of me, the soul... He radiates immense spiritual energy... I turn my mind and intellect to his light... I feel the warmth of His presence and the light of His love for me gently healing the wounds of the past that are buried deep inside me, the soul... wounds left by ego, fear, sorrow, jealousy, hatred, anger...

While I sit and absorb this healing energy from the Source, I also transmit that light and positive energy out into the world... This light touches everyone I know and have ever known... It is a light which also heals my negative vision of them... I now recognize everyone around me as bother souls, playing their own unique roles... With this new soul-conscious vision,

I experience unconditional love for each soul and all negative memories and past hurts associated with each of my relationships is consciously released... The past is forgotten, resulting in a deep feeling of freedom inside me...

The beauty of the Law of **Karma** is realizing that when our consciousness is filled with happiness, peace and love for others today; and we transmit that positivity to others through our words and actions, the energy received back from each of our relationships, as a result of doing that; ensures that our own future will be bright.

## Soul Sustenance

### Going Back To My Original Nature (Personality)

Our present personalities are basically the combined habits of this lifetime (birth), built on the combined habits of previous lifetimes (births), all of which have left their mark (sometimes deep and sometimes not so deep) on our consciousness. It may well be that habits such as becoming angry, upset, anxious, stressed, sorrowful or scared, have been with us for so long that, they feel a natural part of our inner world, so natural that when someone says our true nature is not anger but peace, not fear but love, not aggression but acceptance, not anxiety but calm, it does not feel right. And even if it did feel right for a moment, we have become so attached to our old habitual moods, emotions and behaviors that we do not really want to change. It may even be the case that we have become so weak that we need help to change. It seems much easier to stay the way we are.

As we begin to meditate and develop our spiritual practice, our views on the above subject will fluctuate. When that does happen, imagine you are having a conversation with yourself and teaching yourself. **Give yourself permission to be peaceful by nature, full of love and joy by nature, naturally content by nature, wherever you are and in whatever you do. After a while, you won't need to give yourself permission and you will find these states of being are there within you quite naturally at every moment. They are our original and eternal nature. Everything else is acquired or learned.** In so many ways introduction to spirituality, like many other approaches to inner awakening, is as much about **unlearning** (the acquired beliefs) as it is about **learning** (new beliefs).

## Message for the day

### To be clean at heart is to give happiness to others.

**Expression:** The one who has a clean heart is the one who always tries to do the best for those with whom he comes in contact. Thus, the person develops the ability to accept others as they are and ignore anything wrong done by them. Instead, he is able to do the right action without losing the balance. So such a person brings happiness for himself and for others through every action he performs.

**Experience:** When I have a clean heart I am able to have an experience of my inner qualities. I am able to enjoy the beauty of the different relationships, each relationship and each person being unique. Thus others are able to get in touch with their inner beauty too. So there is happiness experienced by all.