



Good Parent

A good parent teaches the child with love and patience until the child learns. Be a good parent and teach your mind to have positive thoughts and to let go of worries. Then when your mind needs peace, it will find it.

Newness

It is easy to create new things, change places or do something different. To sustain that sense of newness that creates enthusiasm is more difficult. The secret of newness in life is not to do new things constantly, but to see everything you do with new eyes, new insights and a new perspective.

The Journey Of Time (cont.)

In yesterday's message, we had explained how the Law of Entropy works on a physical level. When the **Law of Entropy is applied to spiritual energy, our virtues, to the quality our thoughts, words and actions**, we can perhaps begin to see why, as individuals, we feel tired and old in virtues, irrespective of whether we are young or old physically. We can also understand why we succumb to negative thoughts, words and actions more easily than being influenced by the positive.

In fact, the entropy of our virtues i.e. the spiritual entropy has followed the same pattern as the entropy of the physical world or the physical entropy (explained yesterday) i.e. **the spiritual energy or the energy of the virtues of the world has been reducing (as the world has become older and older) because it has not been renewed or re-energized from a source outside the system.**

When we accept this movement from new to old, we understand the journey of time in a completely different way. As we look backwards into the journey of time, we find that although there have been very important scientific discoveries and global communication has improved immensely, which have all contributed to the give everyone an illusion of progress, everyone accepts that we are not enjoying healthier, more loving and peaceful relationships with ourselves, each other or the planet Earth. The reason for this is understood easily by applying the second law of time i.e. everything new becomes old.

At the present moment, the source from outside the world system (on a spiritual level) which is required to re-energize it and restore it to its original new stage is the Supreme Soul or God or the Spiritual Sun, who is an ocean of spiritual energy and divine values or virtues. In meditation we, as living beings, who are part of the world system, can absorb this energy or divinity from him and contribute to this process.

Soul Sustenance

Overcoming the Loss/Separation of a Loved one (cont.)

How quickly could a person get over the loss of a loved one and begin to feel fine? We have the capacity to do it the same day or the next day. But our beliefs and conditioning, our attachments and lack of will and inner capacity, prevent us from getting better rapidly and feeling fine. Independent of the kind of mourning that you have to go through, it is a matter of preventing your memories from invading your spirit, your mind and your heart. Circumscribe them, limit them and put them in their place: in the past. Yesterday has already passed.

On the level of action, now, in the present, use your time, your talents and your thoughts for creative tasks. Help your friends and other close ones. It will help you to come out of your aloneness and to relate. Share, dialogue and involve yourself in serving. With respect to your accumulated experiences, meditate to gain mastery in managing your memories. Clean out the cupboards of your inner self, so that the stored memories do not cause upsets, interference or suffering in the present moment. Meditate to accept and let go. Give thanks to the past. Learn from it. But now let go and free yourself. Live this moment in wholeness. It depends on you to create the right thought for it to be like that.

Message for the day

Where the mind is free from worry, the biggest task becomes light.

Projection: We sometimes find ourselves in such situations, which make our mind heavy. We are not able to work well in such a situation, as the smallest thing need to be done seems very big and difficult.

Solution: We need to learn the art of looking at the brighter side of things, because even the most negative thing has something positive in it. When we develop this art we will be able to be light and give our best to the task at hand. Then even the most difficult task will seem very easy.