



## True Nature

The true nature of every human being is kindness in the heart.

## Masters of time

To become masters of time we may learn lessons of how to appreciate the preciousness of time. As with any valuable commodity we can practice how to save and spend it wisely. We need to look straight into the mirror of our hearts, to see clearly the purity of our thoughts and actions. Time to ask ourselves, if time were to end now - is my account with all settled? Have I developed peace with myself? We need to spend all time with God, to turn our minds constantly to the remembrance of God, so that we spend each moment in a worthwhile way.

## **The Distinction Between Human Souls And The Supreme Soul - cont.**

**Human Souls:** They have physical bodies.

**Supreme Soul:** God's form is incorporeal (point of spiritual energy).

**Human Souls:** They cannot liberate humanity.

**Supreme Soul:** God is the uplifter of all.

**Human Souls:** They become impure through body-consciousness.

**Supreme Soul:** God is the purifier.

**Human Souls:** They are caught up by the present, do not have complete knowledge of the past (since they come in the process of birth and rebirth) and no accurate knowledge of the future.

**Supreme Soul:** God is the knower of the three aspects of time (past, present and future).

**Human Souls:** They are takers.

**Supreme Soul:** God is the giver, He takes nothing.

## **Soul Sustenance**

### **Meditation - A Process Of Cleansing, Dialogue And Joining (cont.)**

**Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Today we take up:**

#### **Dialogue**

In Greek, the word **meditation** is translated as **dialogismos**, from which comes the English word dialogue. Meditation is a dialogue with oneself, with the true self; a very necessary process for developing self-knowledge and accumulating inner strength.

**The basis of spiritual dialogue with oneself is introspection.**

Introspection is the ability to examine and change oneself, as one wants to or should do. **Without a consistent re-evaluation of our attitudes**

**and thought models, negative habits easily dominate our consciousness.** A healthy dialogue with our inner selves means that we interact positively with others, without being trapped or lost in ourselves. Introspection involves being an observer: observing and not reacting to situations or people with negative emotions such as anger, hate, fear, resentment and jealousy. Being detached observers helps us conserve our inner energy and keeps us spiritually, mentally and emotionally healthy.

(To be continued tomorrow....)

### **Message for the day**

**The method to finish all labouring is to do everything with love.**

**Projection:** Throughout the day we find ourselves doing several things which we don't like. As soon as the thought of such a task comes in our mind we tend to feel heavy which makes even the simplest thing seem very difficult.

**Solution:** Before we are going to start some task which we don't like we need to train ourselves to think of something positive in it. When we train ourselves to love the task we will be able to do it with lightness.