

## **MERRY CHRISTMAS**



### **Move On**

See beyond immediate circumstances. Clear the decks of any old grievances. Learn from the past and move on by tapping into your inner resources of self-worth and humility. With honesty and commitment, softly let go and let others change. There are new horizons, new growth and a new lease of life.

## **Spiritual love**

Humility comes from confidence and helps us to be open. This openness will help us make creative decisions. Forcefulness in thought, word and action cuts off communication. Our expectations of others, insisting on our way(s) also affect the way we make decisions and the way they are received. Our heart has to be BIG to make the right decisions that benefit others. We need the strength to travel within ourselves and see our own values and the spiritual love we have for others to embrace the situation, and then make decisions. Spiritual love is as natural as sunlight.

## **Important Understandings On Reincarnation**

### **(cont. from yesterday)**

6. The world's population is increasing at such a rapid rate, indicating that the souls already here are taking rebirth and also that there are new ones coming down continuously from the soul world.

7. If one believed that one will receive the fruit of one's actions, if not in this birth, but in another one, a person would surely feel less inclined to perform negative actions.

8. Without reincarnation, it is impossible to explain how every soul has reached its present peace less state. Thousands of sins have been performed by each soul in its past births under the influence of the five vices - lust, anger, greed, ego and attachment. Due to this, sanskars of those vices have accumulated over the soul. The burden of these sanskars weighs heavily on the soul and causes it unhappiness in the present. The present cycle of birth and rebirth is fast approaching its end. It is precisely at this time that the Supreme Soul can relieve us from this burden.

## Soul Sustenance

### Self Empowerment

Meditation, in practice, means to enter, and re-enter, the reservoir of peace inside us whenever we need to during the course of the day. This exercise increases self-control and prevents the explosions and reactions of anger that drain our strength. The easy method is **not to expect but to accept**: then tolerance and respect make our life far more comfortable.

There may be many shadows and pollutants inside us, but usually our pain is centered around these: **I own, I need, I want, mine and I expect**. If we learn to recognize the characteristics of such a consciousness, we are in a position to overcome difficult situations and thoughts before they overwhelm us. We simply have to remain awake, and that state of alertness stops these shadows from overpowering us and making us unconscious.

Our needs and wants are truly fulfilled in a healthy way by tuning in to the original resources of the soul, because their fulfillment is not dependent on anyone, or anything from outside. When we sustain ourselves from the inside, then our well-being is secure and progressive. As a result, when we express and show our original qualities of the self to others, whether it is peace, happiness or love, they naturally increase inside. The more we give unconditionally, the more we have. This miracle of 'quality being' is the result of natural purity, the original state of selflessness, which God always has and good meditators aspire to return to.

### Message for the day

**As is the consciousness, so are the thoughts, words and actions.**

**Expression:** To have the right consciousness means to identify oneself with one's own specialities and powers and not to work with weaknesses. When there is such an elevated consciousness, then there is power in all thoughts, words and actions. Effort need not be put for specially making them powerful and effective. Even if they are tried to be made powerful without changing the consciousness the effort put goes in vain.

**Experience:** As I have a powerful consciousness and I am set firmly on this seat, no outside situation or person can disturb me or my internal state of mind. I am free from negative and waste and also from being ordinary. I am free from labouring and of having to fight with my thoughts in order to maintain the right thoughts. And I find that there is only speciality within. Others too are able to take benefit from this speciality.