



Perfect

May you make your thinking, speaking and doing equal, and become complete and perfect. In order to become perfect, your thoughts, words and actions should all be the same.

Creativity

Creativity is to discover new thoughts, new ideas that might never have been part of me before. It is seeing something in a new way, finding a different way to get something done or to solve a problem. I can bring creativity in my life when I use knowledge and training to develop my gifts, when I have the discipline to practice and think of new ways to make things work better.

Discovering Inner Compassion

Competence and compassion are the two most important aspects of our professional life. We would contend that compassion needs to be valued at least as much as competence in our work and in education.

There are many reasons why we find it difficult to be compassionate in our job; often there is not enough time to respond to competing demands, we have to concentrate on our tasks, we feel too exhausted physically, mentally and emotionally to give any more. Then there are the negative feelings that block out compassion. Being clear about what we mean by compassion can help us to understand how it can be an integral part of our work. This will help us to be caring in our work, without suffering **compassion fatigue** and **emotional burnout**.

Our own negative feelings, such as anger, hatred and jealousy, can prevent us showing our compassion. By understanding those feelings and how they affect us, we can release them and allow ourselves to be more compassionate. **Compassion can be compared to the sun; it is always there but sometimes it cannot shine through because of the clouds. The clouds are the negativity that hides our true nature of compassion.**

(To be continued tomorrow ...)

Soul Sustenance

Pure Cooking

A significant part of our lifestyle is to consider the quality of our thoughts required while making food. Living in a family may make it more difficult to have that quiet and ordered state of mind while cooking. Also, children, friends, husbands and wives have the habit of coming into the kitchen while you are cooking. So, see if you can re-organize your timetable so you can cook at a time when they are busy, and then you can properly concentrate

on giving pure vibrations to the food. It also helps if you play some gentle, soothing music which reminds you of the Supreme Soul or God while you are cooking. Even better sit in meditation for 4-5 minutes in the kitchen before starting to cook.

If you think of yourself while you are cooking then there will be a vibration of greed created. If you think of others while you are cooking there will be a vibration of attachment created. Think about the Supreme and there will be that feeling of deep love and freedom (liberation).

Physical cleanliness before cooking is important. Walking off the market or crowded roads, into the kitchen and cooking can affect the vibrations of the food. Washing, changing and meditating is a good start for preparation of satwic food. The ideal time for cooking is in the morning, the mind is quiet and if one has read a short paragraph of spiritual knowledge sometime after getting up, the mind is filled with new gems of spiritual knowledge, free of waste thoughts.

(To be continued tomorrow ...)

Message for the day

Where the intellect is free from assumptions the right decisions are made.

Projection: As soon as we are faced with a situation we correlate it to some previous incident and assume based on our past experiences either with the situations or with the people involved. Such assumptions sometimes lead us to wrong decisions.

Solution: The solution lies in detaching ourselves from our past experiences. Of course we have to learn from the experiences of our past, but we also need to be open to look at the situation in a new way. Such detachment will enable us to make the right decisions.