



"The Mirror of Venus" Artist Edward Burne-Jones

## **A Loving World**

A loving person lives in a loving world. A hostile person lives in a hostile world. Everyone you meet is your mirror.

## **Your World**

Your internal dialogue establishes your way of seeing the world. When you make demands on and reproach yourself, you create a world of stress and pain. To be peaceful, create a loving dialogue with yourself, enabling your inner values to awaken and be expressed regardless of your external world.

## **The Journey Of Time (cont.)**

We also see in nature that everything new becomes old. Nothing ever starts old and becomes new. All material possessions including the human body, all political movements, religious movements, different philosophies etc. move from a state of newness to a state of oldness or decay. This is on a micro level.

When we apply this principle and process on a macro level to the world as a whole, we can then easily understand why we live in an 'old world' - a world with scientific progress but overused, misused, tired and where many sectors are simply worn out. This process is sometimes known as **entropy**.

**The Law of Entropy states that a closed system moves from order to disorder or chaos, when the energy inside it reduces because it is not renewed or re-energized from a source outside that system.** On a physical level, the sun sustains and re-energizes the systems of nature on the physical Earth every day. But in the recent past our exploitation of the world has started to become faster than the world's ability to renew or re-energize. We now use the trapped energy in our physical world much faster than the sun can replace it.

**Tomorrow, we shall explain how the Law of Entropy can be applied to spiritual energy and our virtues.**

## **Soul Sustenance**

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

In mourning, regret or remorse may emerge. Let's look at some feelings that are born in relation to these questions:

- \* Did I do everything I should have?
- \* Could I have avoided it?
- \* Did I tell them everything I had to tell them?
- \* Did I give them everything that they needed?
- \* Was I there when they needed me?

These questions converge into a feeling where sometimes one feels responsible for the death of the other. It is a mourning difficult to overcome. What is required is an inner control that does not allow these questions and their answers to go on for a long time. If we don't achieve this capacity we fall into a regret for what might have been and was not, and the present escapes before our very eyes.

Mourning in relation to the separation from someone with whom you have shared moments of beauty and wholeness, of love, requires an effort of peaceful acceptance. Not to remain trapped in feelings of guilt, bitterness or hate, given that these feelings take us in a past that is no longer alive except in our consciousness, because we don't allow it to die. The images and memories of experiences of the past emerge again and again onto the screen of the mind, causing different kinds of feelings that range from sadness to frustration.

Tomorrow we shall explain some simple ways to get over the loss of a loved one.

### **Message for the day**

#### **Words are effective when they are short and sweet.**

**Projection:** Many times we find that although we say the right thing to others, it has no effect on them. We, then, begin to blame them and feel that they are not listening to us. But the words spoken with such an attitude do not have any effect on others.

**Solution:** When we speak to others especially in a delicate situation, we need to make sure that our words are filled with love. When we talk with love, our words will be filled with sweetness and we naturally speak only to the extent necessary. Then whatever we say will have its effect on others.

