



Start Early

The best time to awaken both body and spirit is in the early morning. We are fresh, in solitude, and the vibrations of the world are at their calmest. It is not surprising that you will find all experienced meditators and yogis up with the dawn, inviting the sun of spirit to shine into the heart of their soul.

The first half hour of conscious awareness will be the foundation of your day. Make an early start. Meditate, set the switch of your consciousness and calibrate your energy for the day. You'll be surprised the difference it

makes.[Relax7](#)

The Master

Our ability to be of help is compromised if we are negatively influenced by our surroundings. However, as purity and truth develop in the soul, we are able to draw power from the Supreme. We are more able to discern what we take into ourselves. We work only with that which is useful. We remain the master - in charge of our feelings, attitude and behavior. Our ability to be of service stabilizes.

From Knowledge To Experience (cont.)

The same mechanism of the pole-vaulter which was explained yesterday is involved when a person wishes to attain realization of the self and an experience of a higher state of consciousness. To experience realization, we have to run some distance, collecting the necessary **information**. Then we use the pole of **knowledge** and **wisdom** to lift us off the ground of ordinary consciousness. But, we must then let go of the very pole of knowledge that we used to elevate our minds and take a jump of faith, flying over the barrier of ordinary consciousness to experience a new and higher level of consciousness. If there is no faith, then there is not enough trust to let go of the pole and jump.

Many people do not let go of the pole of knowledge and, as a result, fall into the spinning of speculation and the habit of analysis and discussion - the experience of spiritual consciousness eludes them. The pull of the ego draws the consciousness back to the ground. The irony is that they think they have jumped over the barrier and regard themselves as being in the privileged position of knowing. Then they think that from this privileged position they are in the position of judging and being better than those who *know* in a different way or in other words those who are truly spiritually enlightened.

The ones who have let go of the pole can be characterized by their wider, creative perspective and their benevolent strength.

Soul Sustenance

The Principle Of Focus and Flow (Part 1)

If we look at the sun and the earth, we appreciate a basic and fundamental law of life, which we as human beings can learn from, that is of great help in the right movement of life. By means of light, the sun gives life to the earth; in addition, the sun is fixed in its position (a symbol of **focus**) to enable the earth (a symbol of **flow**) and all the other planets of our solar system to continue in their rhythmic, harmonious orbit. Otherwise, there would be chaos, upheaval and great damage. The earth on the other hand, constantly moves in repetitive cycles around the sun. This movement allows for changes and expression on the earth, which have a beginning, middle and end. In other words, the phenomenon of time is created as a direct result of the earth's balanced and harmonious cyclic movements. Both the fixed position of the sun and the movement of the earth are necessary for life. The earth has all the potential for life but, without light from a fixed source, there would be no life. In the same way, the sun has the power to give life, but if the moving earth did not hold the potential, even with light, there would be no sustenance of life.

Tomorrow we shall explain how this fundamental law involving the sun and the earth can be applied to real life (the principle of focus and flow)...

Message for the day

To listen to others fully is to be able to be free from repeating mistakes.

Expression: When there is criticism that comes one's way, it should be carefully analysed to see if there is any truth in it. If there is correction can be made accordingly. On the other hand, if others' criticism is ignored or there is a tendency to defend oneself, there cannot be any correction and mistakes are repeated.

Experience: When I listen to others with honesty, I am able to discover even the most negligible aspect in my behaviour which I can change. So I find myself constantly improving and progressing and moving on towards success. So having brought about a change, even the criticism that comes my way stops.

