



## Learn Meditation

Why has meditation been the core practice of all wisdom paths for over two thousand years? Because it is the most effective method to access your innate wisdom, rediscover inner peace and enhance your creative ability. Meditation restores well being, and once your being is well again, all that you do will be successful and fulfilling. But maybe you think you are OK as you are. Perhaps you feel your being is well. But is it. Do you feel tense, worried, hopeless, mentally tired, emotionally upset...ever? Then your being is not well. Your body may be OK but you, the being, is unwell. Medication is for the body, and meditation is for the soul, that's you, and for your mind. Learning how to meditate is one of the greatest gifts you can give to yourself. Practicing meditation says you care about yourself. Being in meditation can touch the minds and hearts of others a thousand miles away. It actually says that you care about others too. But first...your self.

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## Trust

In any relationship trust is the first thing to leave and the last to return. And if you recognize that the most important relationship is with yourself, then perhaps it's time to start some trust building close to home. Make and keep a promise or a commitment to yourself, however small! Make one and keep one today, and then notice the surge of inner power as a result. See how much more you like yourself as a result. Trust is being built.

## **The Spiritual Sculptor And The Piece Of Art**

A sculpture is a three-dimensional artwork created by an artisan, a sculptor, by shaping materials which may be hard like wood or stone or soft like clay. God or the Supreme Being also has been remembered as the spiritual sculptor. With that consciousness, I being like a rough living block of wood or stone or a plain piece of clay, **place myself in his safe hands. There are three types of faith in this consciousness:-**

- 1. the faith in the Sculptor,**
- 2. the faith in myself and**
- 3. the faith in time.**

**It's my first faith, my faith in the Sculptor, in his vision of his finished work i.e. a perfect and complete me, which he foresees, waiting to emerge from my present imperfect self, that allows me place myself in his hands.** His vision of perfection is so clear that knowing it, I feel I must regain my original condition. Also when I come in front of God, who is a perfect spiritual being, his love and the knowledge he gives me makes me aware of myself as a spiritual being similar to him. This awareness then reminds me of my original qualities and the spiritual beauty and perfection hidden inside me, which helps me in having the second faith, the faith in myself. I am able to trust the Sculptor, knowing that the knocks I receive will chip away at my weaknesses, and restore my truth and beauty.

**Initially, I may not know myself completely or have full faith in myself, the second faith, but God, the Sculptor, knows me and has full faith in me, all the Sculptor wants me to do is to be still and patient.** Being still means having complete faith in myself and him and being patient means having the third faith - the faith in time. His knowledge and power gives me the strength and courage to be still and patient i.e. strong in all three faiths while he continues his work on me. I should not move or be impatient i.e. not let any of my faiths waiver, otherwise I will not become perfect. There is a vast difference between how God sees me, and how I am at the present moment. Holding the vision that God has of me, I have to just surrender my mind to the Spiritual Sculptor and keep myself in his hands. **When I do that, the thoughts inside my mind get focused spiritually on him and as a result I receive his spiritual energy, which reshapes and transforms me.** That which is highest and most beautiful in me begins to emerge gradually.

## Soul Sustenance

### The Faculties Of The Soul

When the soul is in the body it functions through three faculties (non-physical entities). Although each faculty (entity) can be given a different name, it is actually the same energy, the soul, functioning on three different levels simultaneously. These are the mind, the intellect and the sanskaras.

Mind is the thinking energy of the soul. It is the mind that imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. It is through this faculty that, in an instant, thoughts can be projected to a far off place (one can travel to a far off place on the thought level); past experiences and emotions can be relived or even the future anticipated in less than a second. It is the mind that experiences the variations of moods. The mind is an energy of the non-physical soul, not to be confused with the heart or even the brain.

(To be continued tomorrow ...)

### Message for the day

**As is our thought, so we will become.**

**Projection:** When we are faced with our weaknesses, we usually think of our own negativity and are caught up with it. We can no longer think positive and we continue to work with our own weaknesses. We will, then, find no improvement in ourselves.

**Solution:** We need to create a very elevated thought for ourselves based on any of our strengths or specialities. When we do that we will be able to bring about a positive change in ourselves without being caught up with our own weaknesses.

