



Autumn in New Hampshire...

### **Harvest Creations**

Change is in the air. As autumn winds begin to blow, you can begin to let go of what was, release what is not relevant and make way for what will be. Autumn is also your time to harvest your creations, to make plans and to create new dreams. Slowly but surely the cycle turns.

God is only a thought away.

We should ask ourselves, do we react to situations in a positive or negative manner? The way we react is very much dependent upon our mental attitude and this in turn is directed by our thoughts. Linking our thoughts to the problems that surround us brings unlimited tension and worry. By linking them to the subtle and powerful vibrations of the unlimited source of peace, tranquility and knowledge that is, God the Supreme, we automatically have a constant source of good uplifting vibrations which can settle our troubled minds. He is the Father of all souls, the one who is there to give help at any time. In a time where our thoughts wander with little or no direction, where we find it difficult to talk or relate to people, it is worth remembering that God, who understands us, is only a thought away.

### **Aligning Your Action with Your Purpose**

In the day-to-day routine you can have different desires and want different things: what you want for today; what you want to do at the weekend; what you want to achieve with your professional career; the results that you want to get this year; what relationships you want to focus on. But, at the bottom of all this, what is your purpose? What are you doing here? What do you want? Where do you want to go and how far do you want to get?

When you open yourself within to answer these questions, you will see that the inner voice that answers you is the voice of your own consciousness and is connected to some value: what you want is to discover how to live in the truth and not appearances, what you want is to live from an inner space of love, what you want is to be free, you want peace. If you listen to and follow this voice, you will come close to your wholeness and your contentment, because you will then align your energies: your vision, your intention, your motivation, your consciousness, with your action and your life. Each morning, on looking at yourself in the mirror, ask yourself: "If today was the last day of my life, would I want to do what I am about to do?" And if for various days in a row the answer has been "no", then it is a sign that you have to change something, given that your action is not aligned with your purpose.

(To be continued tomorrow ...)

## **Soul Sustenance**

### **The Method of Realizing Your Purpose (Part 2)**

A question that can help you to find the purpose for your self is: when you feel absolutely on top of the world, very much content and full of enthusiasm, what is there in you? Who are you at that moment? What is the energy inside you at that time? What do you give to your surroundings and to others? This stage is something that you want to reach all the time and keep with you. Ask yourself that question. Visualize that moment, which at some time in life you must have experienced. If not, visualize what you would like to experience.

Second question to find your purpose related to the world: What is it that you want to radiate to others? What is it that you want to give? That is, what do you want to devote yourself to? This isn't limited to your job or a hobby or a sport for e.g., but rather applies to what you offer and radiate in the whole day, in relationships, with people through your thoughts, words and actions - in the family, at work, in the market, friends, acquaintances and even strangers.

To carry out this inner inquiry (in both the cases above) you need to go to its deepest part. What is your purpose? Not your purpose for this weekend you want to go for the club meeting or not, or that in the holidays you want to visit a hill station; all these are short term purposes. Your life purpose refers to what it is that you really want to reach. If you clarify it, it will help you to make decisions with clarity and determination in your life.

## **Message for the day**

**The easy way to overcome any negative trait or habit is to work with virtues.**

Projection: In order to overcome negative tendencies the usual tendency is to make effort to remove them. But it is found that the more we think about them even if it is to remove them, we find ourselves becoming more aware of them. This makes the influence of our negativity stronger.

Solution: The solution lies in making effort of working with virtues. For example, instead of saying we will not work with anger we will now practice working with our inherent peace. For this we need to make it a habit to work with peace so that it emerges naturally even in difficult situations.

