



Flower carpet is displayed at the Grand Place in Brussels, capital of Belgium, The biennial flower carpet is made up with about 600,000 begonia and dahlia flowers.

Magic Carpet

Thoughts are like a magic carpet, on which the soul rides across eternity. Rest for the spirit (which is what we are) is when we allow only the current of the purest thoughts to flow through our mind - thoughts which carry good wishes and blessings for ourselves and others. This is not so much going with the flow, as being in the flow, and refreshed by the flow. For when we have powerful, positive thoughts for and about others, who experiences them first?

'Tit for Tat'

Often, we get into a 'tit for tat' situation in which we feel bad about someone else, so they have ill-feeling towards us, which confirms our opinion about them, and so on... Everyone loses out. We need to see very clearly the damage this is doing. Illness often comes when we feel ill-treated or deceived. With strength of mind, we can recover our peace and have positive feelings even towards those who don't feel good about us.

The Physical And The Non-Physical

In life many happenings cannot be explained only in material or physical terms. At certain points of crisis (negative) or inspiration (positive), there are deep emotional and spiritual experiences which separate us from the world around. We look inwards at such times; we look into religious or philosophical books, into rituals or symbols, in order to understand these experiences.

We are subject to a continuous commentary on life around us from our own thoughts, feelings and deductions. These faculties of thinking and forming ideas, desiring and deciding (and all the different aspects which constitute our individual personality) are non-physical, yet nevertheless real - we cannot deny their existence. Indeed, **anything perceivable to us comes from two sources**; that which is detected by the **physical senses** and that which arises from **impressions** recorded on these **subtle (non-physical) faculties** (mentioned above). The things that we can see, taste, hear, smell and feel, as well as the body itself are formed of matter. But the **subtle faculties of mind, intellect and personality** make up what we call "**consciousness**".

Soul Sustenance

Meditating With Open Eyes

It is advised to practice meditation with eyes open. When we sit to meditate, if we close our eyes, what we do is that we send a signal to our mind, intellect and our physical body that sleep is close and that signal, in turn, induces sleep. That is the last thing we want to induce inside ourselves, while meditating. Meditation is a way to wake up and stay awake, not only physically, but in terms of being conscious and alert about what is happening **internally** and **externally**. **It is therefore good to practice with eyes open, so that during your meditation, you can become used to going beyond the physical inputs of what you see, hear, feel and smell and at the same time, remain exposed to these inputs.**

By practicing with open or semi-open eyes, it becomes easier to create the accurate state of consciousness while still being faintly aware of our surroundings. This will be essential in day to day activities when we want to stay connected to our inner peace while others around us may not necessarily be very peaceful. It will also help us to move deeply into our peaceful consciousness during conversations which at the same time, require alertness to go into the depth of ideas and concepts.

When we are established in our peaceful, spiritual state (as a result of meditating), it is as if we are keeping our third eye, the eye of our intellect, open, which gives us the ability to see, in actions and interactions, what is true and false, and to make the right decisions without being influenced by others or our own emotions. All the above abilities are required many times during the day. We obviously can't keep closing our eyes to meditate each time any of these abilities are required.

Message for the day

To be open to change means to experience constant progress.

Projection: We usually judge the situation according to our past experiences and we don't want to change our responses to the situation. Because we have succeeded once we feel that the particular response will bring us constant success.

Solution: We need to learn from our past experiences but also need to take care to be open to whatever new learning the situations may have to offer to us. When we keep learning from every new situation that comes our way we will be able to experience constant progress.