



Netherlands, Keukenhof Gardens Lisse

No Coincidence

Nothing is just coincidence; every tree in life's garden bears significance.

Masters of Fortune

When we are confronted with a difficult problem, we sometimes get dejected, lose faith in those things that sustained us, lose faith in the self. Our speech patterns may change, emotions are jagged and our actions are questionable. We become unstable - quite different from what we would like to be. If we remain stable in the remembrance of our true identity, if we always keep in front of us the image of our more elevated form and we understand that we are masters of our own fortune or misfortune (as you sow so shall you reap) obstacles will never shake us. If we are fortified from the inside, in face of the outside happenings we remain ever stable, ever secure, ever sure.

The Five Primary Qualities

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives.

They are:

Peace

This is the original quality of the soul. Peace is serenity, the personal inner state of non-violence. In this state of peace, I harmonize with everything and everyone around me. The word **shanti** means peace, and it is this thought (or word) we use as the key step in meditation.

Purity

A state of honesty and cleanliness where I am the same inside and outside, not deceiving either myself, or others. Consequently, there is no room for artificiality. Purity is the state of original truth where no violence is committed against others, nor can violence be committed against me. When the self is in its original purity, others cannot damage or destroy it, even if they try, because there is a natural aura of protection that acts as an invisible barrier. When I achieve this level of purity, it means I respect all things.

(To be continued tomorrow)

Soul Sustenance

Understanding the Process of Birth And Death

When the body has become unserviceable due to age or disease, or it suffers a fatal injury, the soul leaves the body. At the moment of death, the soul withdraws its energy from the organs of the body and vacates its seat in the middle of the forehead. Like a bird, it leaves the cage made of skin and bones, and taking its sanskaras, it enters into another, a new body, in the womb of the new mother. From the very birth, the sanskaras of a soul are apparent (visible); whether the **new-born** baby is happy, unbothered, sad, shy, mischievous, quiet, violent or agitated.

Death occurs at the precise moment when the account of giving and taking with other souls through a particular body is finished. The new birth is determined by the soul's account of karmas with another set of souls. One may be born into a cultured, wealthy family, another as a beggar, one may be born deaf, dumb, blind or crippled, another with a strong supple body. The type of body and the conditions of birth are determined by the thoughts and actions performed in the previous births.

Message for the day

To remind ourselves that we are the children of God is to take the gift of positivity.

Projection: We usually turn to God only when the situation at hand becomes the worst, i.e., when there is no hope from anyone else. So, we find that in a negative situation our mind naturally goes into negativity and then we have to make great effort to turn it positive again.

Solution: We need to remind ourselves that we are the children of God. When we remind ourselves in this way we find that we have a right to our father's property, of all the positive qualities. Then, there will naturally be peace, happiness and love in our life.