



Garden Apartments in Phuket, Thailand

### **Look For Goodness**

In everything, goodness is there; our goal is to find it. In every person, the best is there; our job is to recognize it. In every situation, the positive is there; our opportunity is to see it. In every problem, the solution is there; our responsibility is to provide it. In every setback, the success is there; our adventure is to discover it. In every crisis, the reason is there; our challenge is to understand it. By seeing the goodness, we'll be very enthusiastic and our lives will be richer.

### **Silence:**

Going into silence enables you to manage your thoughts better. You will find there is no need to think so much, that most of the answers you are looking for will come to you, without much effort on your part.

## **The Power to Co-operate (cont.)**

The more I practice meditation, and develop and live with the consciousness that I am a non-physical soul, a being of light, the quicker the ego associated with all the physical factors (explained yesterday) melts away. Coloring myself with the Supreme or God's company, I see others as the children of the Supreme Soul. I know myself as part of the family of human souls who have the same original qualities as me. In soul-consciousness, there is no way I can feel superior to others, though I'll value their specialties. We are brothers - equal yet different.

In this consciousness, a natural humility or egolessness develops, a genuine respect for each other. There is a strength and happiness in the awareness of being a child of God, but I'll see others also as the same. There is neither the ego of feeling superior, nor the inverted ego of an inferiority complex. I am not negating myself, I am recognizing the value of the self, but I'm also appreciating the value and qualities of all others around me. In that spirit of mutual respect, it becomes easy to work together.

The future of the world and the transformation of the planet actually depend on this transformation in each one of us, from ego and self-glorification to humility, respect and co-operation. Meditation, by lifting me beyond the factors that divide us, makes me deeply aware that we are one family, sharing one home, this beautiful planet, for which we have a common responsibility. In the awareness of where we are, and to whom we belong, there also comes the recognition of what we as a family must do together - create a world which is filled with the virtues of the Supreme Soul, by first imbibing those virtues inside us.

## **Soul Sustenance**

## **The Game of Life (Meditation)**

I relax my body... I breathe deeply and let go of all tensions... I centre myself on this present moment... On the screen of my mind, I visualize myself without fears... I let go of all labels, all roles that I play... Now I 'am'... I am a shining being of light... I am free... I am peace... I am totally free, beyond all limitations... I enter into another dimension, a home full of soft golden red light, a home without any boundaries, my original, unlimited home, the home from where I have come... I stop thinking so much; I simply experience my spiritual presence...

I am who I want to be... I am me... I do not need to justify myself... I do not need to give explanations... I connect to my inner beauty... I radiate the energy of the beauty that there is in me...

I let go of the branches... I fly... I fly high... Beyond the body, above this place, the people that surround me, beyond the houses and the streets, beyond the clouds, I fly towards the dimension of light where no physical limitation ties me down...

I feel the unlimited peace that caresses my being... I let myself be taken by the sensation of freedom that the flight gives me... I see the planet Earth from above... I recognize that everything there below is a game... I relax: everything is a game... I am a player in the game of life... I simply have to learn to play the game being who I am...

Now, it is time to return... I am here, present... My breathing calmed... I, the soul am relieved... Now I know that, whenever I want, I can fly... Being an observer of the game, and live it with joy and peacefulness.

### **Message for the day**

#### **The ones with pure love bring benefit to all.**

**Projection:** Each day of ours is usually spent in doing things for ourselves and providing for our needs and desires. We seem to have no time for others. We are usually caught up with a few people, which brings attachment and expectations. We then find ourselves getting caught up with the weaknesses of others.

**Solution:** We need to check if our love for others is pure. Where there is pure true love there is kindness and the attitude of bringing benefit. With this attitude of ours we will be able to see each one's potential for perfection. They too will be able to then work towards their own perfection.

