



## Being comes before doing

We spend most of our life running after things, doing things. We forget that being comes before doing. Those who remember this secret make an effort to "be" and discover that when they stop and observe, life helps and brings whatever is needed. Learning to be is learning to be at peace. It is our most fundamental nature.

## Spiritual Identity

A clean intellect is like the mind's filter, sorting out thoughts of value from those of waste, enabling you to put into action only the valuable. Purifying the soul means putting your highest self in charge. Useless, waste and negative thoughts are removed and annoying habits finished. This is the aim of spiritual study. Recognizing your spiritual identity is like being reborn.

### Simplifying The Union With The Spiritual Parent

The easiest definition of the word yoga is union. **When you unite with someone or something, you keep thinking about that someone or something and keep visualizing the same.** It is as if you experience a union with the object or the person in your mind. In this way, there is a subtle (non-physical) communication with them which, when you meet, will turn into a form of words (physical communication).

We communicate with others mostly through physical means, but we cannot do the same with our spiritual Father and Mother - God, as He does not take a physical form. Our communication or union has to be subtle (non-physical), through the vibrations that we radiate as souls or life energies. There is deeply rooted belief in many - a belief that goes back to many centuries, that this union takes many births of effort to become a master at, but that's not true, it just takes a little practice and patience. **The reason why it may seem difficult, at first, is that our mind tends to be filled with thoughts, feelings and images related to other people, friends, family members with whom we have interacted or will be interacting, our workplace, the past, the future, unnecessary anxieties and many more issues.** We need to learn to drop these thought conversations with others and the creation of subtle images of other people and situations so that we can redirect our mind and vibrations to the Supreme. This also means learning how to make our mind and intellect quiet enough, and as a result, receptive enough, to **receive, listen and feel** His vibrations and His thoughts, and to experience His subtle presence. Ultimately it is an exchange of the energy of pure love between the soul and its Parent.

## Soul Sustenance

### Serving Though The Subtle Body Of Light

Apart from our physical form (body), each one of us also has a form of light - a subtle light body. It is referred to as the aura, and can be 'seen' by some sensitive souls. All of us might not be able to 'see' it, but we can become 'aware' of the aura of others' through the vibrations they emit. **The purity of our subtle, light form is dependent on the purity of our thoughts or mental vibrations.** Given below are some thoughts for a meditation to help experience your subtle form and serve through it. Think and visualize each thought alongside:

I become detached from my physical surroundings... I consciously create only the purest thoughts... Now I visualize my true form... I am a subtle being of pure spiritual light, a sparkling star situated at the center of the forehead... Gradually, I become aware of my subtle body of pure, white light surrounding my physical form... In my body of light, I, the soul, the sparkling energy, consciously stand up and step away from my physical form, which remains seated... I, the soul, inside my subtle body, observe my physical body in a detached way... Now I slowly fly outside the room I am in... I visualize myself, in the subtle form, suspended in the sky... White rays of spiritual light radiate from me, the soul, and my body of light into the world... like that of an angel... In this pure awareness of myself in my form of light, I realize that the greatest gifts I can share with those around me are the light of love, peace and truth.

**Sitting anywhere, this meditation exercise can be done to visualize oneself in a hospital, on the site of a natural calamity, accident, next to a friend or relative in pain etc., basically anywhere where vibrations of positivity, peace and happiness are required – the location of visualizing yourself can be hundreds of miles from where you may physically be.** As you practice the art of being aware of your subtle body, you will begin to sense how you can have a positive effect on others simply radiating good wishes, pure thoughts and pure feelings.

## Message for the day

### To take a vow means to guarantee transformation

**Projection:** When we decide to bring about a change in some aspect we sometimes work hard in the beginning with commitment and sincerity and slowly find our enthusiasm lessening. So we give up before we could really bring about any change.

**Solution:** Just as the one who takes a vow never breaks it, we too need to take the vow to transform. Whatever obstacles come our way, our special attention has to be not to break the vow. Then we will not stop when obstacles come our way.