



Kindness

Great souls take advantage of every moment and every opportunity to give happiness to others through kindness in their thoughts; such souls are willing to overlook weaknesses and mistakes and have the desire to help everyone reach their potential.

Relationship

A relationship is like a tapestry. The fabric is strongest where the threads that hold it together are spun of openness, love and trust.

Absorbing Spiritual Light (cont.)

How many times do we hear phrases like - **Oh, he is always in a bad mood...** or **It is my nature to be irritable...** or **He will never change...**, etc. This shows the extent to which the soul's own light has faded and been replaced by the dark curtain of negativity. Therefore it is better that we do not try to deal with each vice and defect individually. As the soul fills itself with the power of spirituality, its overall condition automatically improves.

Another significant point is that **there is a deep-rooted awareness within the soul of God and His sanskars**, however much it may be covered by dirt and weakness. This is because each soul is the child of God and being his children we inherit his sanskars. These sanskars are present in us when we start playing our part in the physical world, but gradually they fade away as we take more and more births. **As these sanskars are brought to the surface of the consciousness, automatically our thoughts and behavior patterns change.**

In modern psychology it is stated that we must express all our negative emotions and not suppress them. But the fact is that letting it out leads the soul further into slavery to that emotion. Remembering that **thoughts, decisions and actions are formed on the basis of sanskars, which are deepened by repetition**, the soul can only cause harm by expressing any defect or vice. On the other hand, the psychological effect of suppressing negative emotions can be quite drastic. Suppression can lead to severe personality problems, even madness or insanity. The right path is that we emerge our positive sanskars with the help of meditation and other self-development techniques and the negative ones automatically vanish away.

Soul Sustenance

Understanding The Mechanism Of The Virtue Of Peace (Part 3)

To experience the eternal peace of the soul world, I do the simple exercise explained yesterday and then go a step further. Having created the thought about myself that I am a sparkling star-like energy at the centre of the forehead, just above the eyebrows, visualized it and as a result experienced it, now my objective is visualizing my star like form in the soul world. With this objective in mind, I now create a simple thought that I the star-like energy will make a short journey to the soul world and back. So I create simple thoughts and visualize alongside that I, the soul am leaving my physical body and flying outside. Then I, see my star like form, slowly fly past the ceiling of the room I am in and see myself suspended in the sky (night sky makes the visualization more easy). I see myself as a point of radiant light high above many many buildings and lights. This is similar to what one would see from an aeroplane window while landing or taking off. I then see my light form going higher, past the atmosphere and going past a sea of stars and a few planets and the moon. I then take this visualization further and see myself entering the soul world, a region of soft orange-red light (this is similar to how it looks like at dusk). This region is multidimensional and unlimited in size or expanse. I see my star-like form suspended in this region, radiating rays of peace in all directions. I also see other white/golden star-like souls just like me in the same region. I spend some time in this region, in this experience. In this region my thoughts stop completely and I am only visualizing.

This is the eternal peace experienced whilst visualizing the spiritual self in the soul world. The peace experienced in this exercise is greater than in the exercise mentioned yesterday. Thus the sanskara of peace created in the soul in this exercise is deeper. After a few minutes of this experience, I see myself descending in the physical body in exactly the same way as I flew to the soul world. **This is just a visualization exercise or experience and the soul does not actually leave the body and go anywhere.** The two practical

exercises explained in yesterday's and today's message can be used to experience the two types of peace mentioned. At one time, you can choose to either experience both types or only the first one. You can start with a few minutes and increase the time gradually. **Continuous practice will create stronger sanskaras of peace and take you closer to your original state of peace.**

Message for the day

Even the most difficult task is made easy with the cooperation of all.

Projection: When given a responsibility we usually think of doing it alone. We usually feel it is much easier not to involve many. We do this in order to avoid the different kinds of personalities that we have to deal with.

Solution: When involved in a big task, we need to see to it that we involve many. When we involve many and make sure we make use of their specialities even the most difficult task will be made easy. Secondly, the good wishes of all involved will be for the task which will add to its success.