



Peaceful Netherlands

Quiet and Simple

We tend to see things not as they are but as we are. Becoming quiet and simple inside is a first step to seeing things truly.

Secret of Newness

It is easy to create new things, change places or do something different. To sustain that sense of newness that creates enthusiasm is more difficult. The secret of newness in life is not to do new things constantly, but to see everything you do with new eyes, new insights and a new perspective.

Understanding What Is An Angel

When I have the consciousness that I am a soul, a non-physical being of light, acting through the physical body, even others begin to notice. This is what the angelic stage is. **By remaining in this angelic, soul-conscious stage, others will also feel a sense of lightness and upliftment in my company.**

Angels are thought to be mythical creatures who have a human form with wings, who are always in the company of God and help Him in guarding and protecting other souls. Actually, angels are human beings with divine qualities.

Angels are always shown with wings. **One of the wings of the angel is symbolic of spiritual knowledge, which it has received from God; the other is symbolic of spiritual qualities and powers, which it has inculcated, through the power of meditation or a spiritual connection with God.**

The wings of an angel also symbolize the lightness and freedom of such souls. With such wings the angel flies constantly in the company of God. Its lightness and freedom is because it has no bondages or attachments in the physical world; all the chains have been broken. Because angels have the absolute and constant support of the Supreme Being they can be the support and protectors of many others, by sharing with them, spiritual knowledge, qualities and powers, which they possess.

An angel is the 'right hand' of God in the task of world transformation (change). The language which it uses to bring about this transformation is spiritual silence; positive, powerful and pure thoughts along with sweet words full of spiritual knowledge, all of which have the effect of uplifting others.

(To be continued tomorrow...)

Soul Sustenance

We need to make sure that we have a gift for everyone we meet; it could even be a smile or a kind word. When our focus is on what we have to give, we will be free from expectations from others. This will make us truly special.

A good meditator is one who has a mental link or union with the internal self and the Supreme Soul or God who is the source of all goodness. This, along with an understanding of the laws of action or the laws of *karma*, which govern the behavior of souls, means that one does not have to renounce or leave society in order to achieve enlightenment. Rather, **the soul filled with spiritual illumination faces society directly with understanding and the generosity to serve it and to elevate (improve) it.**

The soul becomes elevated not by the renunciation of responsibilities or worldly duties but by a **renunciation of the negativity that exists within the role** being played by it in society. A good meditator does not try to escape social obligations (duties) but rather **purifies those duties** by becoming filled with light, love, peace and happiness. **The stage of self-awareness and God-communication injects a subtle richness into one's life-patterns.**

There are those who believe that the elevated state is beyond society and its duties. They find a quiet spot in the jungle or an ashram and contemplate (think about) deeper things. There are others who are stuck in the quicksand of their problems, and believe that those who leave society and take up a spiritual lifestyle are saints. However, **holiness and virtue are qualities attained in one's life situations**, not in running away from them. The elevated state is not merely a matter of elevated thoughts (which can be experienced in a sanyas), but elevated actions also, for the benefit of the self and the world. We are what we do and not so much what we imagine ourselves to be.

Message for the day

Honesty brings progress.

Projection: Honesty is usually associated with telling the truth or being open with others. Even when we have such honesty, we sometimes don't experience progress because we are always honest with ourselves.

Solution: More than anything else we need to be honest with ourselves. That means we need to introspect and check within and change ourselves. Such internal checking without cheating ourselves, i.e., without giving excuses to ourselves helps us to experience progress.