



## Communication

In prayer you communicate with God, in meditation God communicates with you.

## Matters of the Heart

A well-nourished heart is automatically giving and full of grace. We can nourish our hearts with the energy of positive thoughts and pure feelings. When we realize we are eternal souls, beings of consciousness rather than Matter, and that our original nature is benevolent and wise, the heart grows full. When we remember, with love, that we are the offspring of an eternal Parent, a source of eternal truth, the heart overflows. This is the greatest gift we can offer to each other and the world in the year ahead.

### Discovering Inner Compassion (cont)

To really understand compassion, we have to experience it for ourselves. We can observe and admire others; we can even acknowledge that we have behaved compassionately on some occasions, but how do we develop the virtue of compassion inside us? **If we can find a place of inner silence where we can slow down our thoughts and touch our deepest nature, we will discover that it is peaceful and compassionate. This is the source of our compassion and the more we experience it the more it will become part of our actions.** Meditation reminds us that we are compassionate at our core.

Most people can remember a compassionate act. It may be an everyday situation or something that stands out as very special. Examples may be sitting holding the hand of a distressed relative or friend, or simply smiling and being positive. Reflecting on such acts helps us to identify the qualities of compassion that a person may express, such as patience, tolerance, generosity and calmness. By thinking about acts of compassion and the people that perform them, we can begin to get a sense of what compassion means and, with further reflection, how we have shown these same qualities ourselves.

We all use words in different ways to describe how we feel and what we mean, and the meaning can change in different settings. We need to come to some understanding of the word compassion, redefining it for ourselves. Compassion can mean simply kindness; it can mean patience, generosity, respect and understanding. Compassion is unconditional love.  
(To be continued tomorrow ...)

## Soul Sustenance

### Pure Cooking (cont.)

1. First, it is essential to develop a positive attitude towards cooking. Before undertaking any food preparation, ask yourself. 'Do you consider the project at hand to be an enjoyable, creative activity or an unpleasant time-consuming boring, repetitive *karma*?' Find a way of enjoying it, by playing spiritual songs or trying new recipes and having deep meditation while cooking.
2. Before cooking, make sure the kitchen is clean and in order. Take out all the things you will need to make the meal and place them where they will be used. This makes the process of cooking more smooth and enjoyable.
3. While cooking avoid doing other work in between. You will actually be saving time and the food will definitely turn out better.
4. As much as possible, remain in silence, paying attention to the quality of the thoughts you have. Try to have pure and peaceful thoughts. This creates a powerful atmosphere that fills the food with pure vibrations and brings personal benefits as well.

### Message for the day

**To be obedient to God means to have a right to His inheritance.**

**Projection:** We sometimes find ourselves feeling low and unenthusiastic. We tend to blame the situations and the people around which makes us feel even more dull. At such times we expect and seek God's help and power but experience no help from him.

**Solution:** We need to realise that we don't have to ask God for power or blessings but have a right to them. Before we perform any task we need to ask ourselves if God will like what we are doing. If we do everything according to God's wishes that means we are obedient. Such obedience will get us the inheritance of peace and happiness from God.

