



### **Peaceful Soul**

Always maintain the awareness- I am a peaceful soul, and allow peace to influence your thinking and judgment.

## Trust

In any relationship trust is the first thing to leave and the last to return. And if you recognize that the most important relationship is with yourself, then perhaps it's time to start some trust building close to home. Make and keep a promise or a commitment to yourself, however small - in fact, start very small! Make one and keep one today, and then notice the surge of inner power as a result. See how much more you like yourself as a result. Trust is being built.

## What Is Super Sensual Bliss?

Beyond the limits of this vast expanse of the solar system and galaxies there is a region of non-material (non-physical) light. It is not reached by any physical means e.g. by travelling in a space shuttle, because reaching there is simply not a question of light years or kilometers. It is a region which is beyond the physical plane and therefore can only be experienced through divine vision or by the "third eye" or eye of the mind during the process of meditation. Through deep meditation the soul can "travel" with its power of visualization to this region and experience the bliss of being free from the limits of anything earthly. This bliss is called super sensual bliss. Sensual bliss is the bliss which is experienced by visualizing, thinking about, seeing, tasting, smelling, hearing or touching something which is physical or in other words something which is made up of the five elements - earth, air, water, fire and space. Super sensual bliss is experienced by visualizing the soul to be completely free and full of bliss in this incorporeal (non-physical) world, in the company of the Supreme Soul or Supreme Father who is also non-physical.

## Soul Sustenance

### A Basic Meditation For Beginners (cont.)

Referring to yesterday's meditation, **when you sit to meditate, choose the quietest and most peaceful place you can find, either in your home or in your office or anywhere else, preferably in a place that you do not use very often.**

If this isn't possible, make the physical and subtle atmosphere in the room around you such that it won't disturb your concentration or divert your attention. If you can, set this place aside purely for the purpose of meditation. You could also choose to sit in the proximity (closeness) of nature. Start with ten or fifteen minutes. Then gradually increase the time. Soft or subdued lighting will help as will some soft background music of your choice.

The basic meditation, explained yesterday, is simple to do, extremely relaxing and energizing. It can be easily integrated into your busy schedule. All you need are three or four minutes anywhere, any time. In this meditation you consciously use your mind to relax your body. Once your body is relaxed, it allows you to give your mind with positive, unbroken attention. The more you practice this meditation, the easier it becomes. Finally, with practice, you won't need to work through your complete body, part by part – the body will relax almost instantly with just one thought. **This mind-body relaxation experience is a very basic one but is the foundation for advanced and deeper meditations.**

### **Message for the day**

**The one who admires is the one who is fortunate.**

**Projection:** When we look at the specialties of others we sometimes have negative thoughts, having compared ourselves with them. That is, either we develop feelings of superiority or inferiority. Both do not help us in any way; instead it creates more of a loss for us.

**Solution:** To admire means to take on the quality that we admire. Whenever we see someone with some good quality we need to see how we can imbibe it within us, too. When we have this attention constantly and pick up virtues from each and every one we meet, we will be able to have the fortune of getting richer and richer each day.