



Heart Song

Everyone has a song in their heart. Everyone has a reason for being here and a season for making their highest, greatest most auspicious contribution. No one knows what that is or when it is for anyone else. Only our own heart knows what and when it is for us. Your heart wants to sing.

Knowledge of the Self

Today we are surrounded by many types of fears. One of the most haunting fears people have is the fear of public opinion and malicious slander. We worry about what others will say about us if we perform a certain action, or we do not conform to their standards or perform to their expectations. We become stilted in our actions - we evade, we hide, we cover. If we take a step and believe firmly, after due deliberation that the step is accurate and that it does not go against the general standard of decency, then there is no need to fear public opinion. If we have strength in our speech, our code of conduct, methods of working and intelligent behavior, we will be able to face criticism by making critics understand the facts as they are. We lose confidence in these matters because our methods are not convincing enough, and also due to lack of knowledge of our true identity. With accurate knowledge of the self, public opinion remains as it is - a public opinion - nothing more, nothing less.

Refreshment For The Mind

Silence is a great therapy for healing the self. If we remain very quiet and concentrate, we save a lot of outward energy, with the result that we act and speak less. When that energy is saved, then we are able to turn inwards and even heal our physical body. On a daily basis, the mind needs to go into a quiet space for refreshment and reflection; in much the same way as the body needs regular breaks for rest and nourishment. Refreshment occurs when the mind is able to recharge itself, that is, to re-energize and to have the strength to remain positive, light and creative. Reflection (looking inwards) is the time we give ourselves to refine our internal understanding of external situations so that our interaction with others is of the highest quality. Through reflection, we can change the way we think, feel and interact. We change the way we are voluntarily and without pain.

Spiritual knowledge without silence is like a bird trying to fly with only one wing.

Silence empowers an individual's capacities and enables the recognition and release of their unique potential. In today's world, silence is as necessary for the mind as oxygen is for the body. We need that spiritual breath that sustains our life in a way that is meaningful and fulfilling.

Soul Sustenance

To Complement And Not To Compete (Part 2)

We all have a place within this beautiful embroidery of life; let us know it, enjoy it, express it as our right, but never overdo it because we feel our role or position is 'more advanced', or 'better' than others. Sometimes, when there is a sense of personal or collective emptiness, there is the need to be recognized, which creates attachment to your own talents, role or virtues.

We have to learn to **complement** rather than **compete**. **Nature works on the principle of complementarity.** This can be seen with the seasons, day and night, the continual cyclical process of birth, growth, maturity, decay, death and rebirth. Even our bodies work on this principle. Look at the face! Each face has two eyes, one nose, one mouth, two ears, all in the right position and functioning in an appropriate way.

Which of these is more important? Would you say the eyes are more important, so you would prefer to have three eyes and no nose? Or would you say the nose is more important, so you would prefer to have three noses and no ears? We cannot think like this because it is absurd and illogical. Each feature has equal value and **when we recognize the equal value of all things, then we stop being illogical - comparing, competing, feeling superior or inferior, or striving to be what we are not.**

In a society that functions, can everyone be a doctor, an engineer or a farmer? Everyone has different talents and positions because different tasks have to be fulfilled if the whole society is to run well. If we examine life carefully, we realize that the recognition of this principle of complementarity is the basis of creating a peaceful and happy coexistence, because the vision of equality respects and honors the differences.

Message for the day

To use the gift that one has is to be powerful.

Expression: Each one has surely been bestowed with a special gift, a gift that is unique to each one. The one who recognizes this fact is able to use it for the purpose of bringing benefit to one and all. Under all circumstances there is the ability to bring out the best from within the self. So there is the influence of that on all around and everyone is benefitted.

Experience: When I recognize my own uniqueness, I am able to remain free from comparison and competition. I am able to be in the state of self-respect of knowing who I am. This then keeps me content and peaceful. Along with this, I have a lot of enthusiasm to use this special gift of mine. So there is a constant experience of contentment along with progress.