



Creative Life

To live a creative life, we must lose our fear of being wrong.

Fulfilling Responsibilities

While fulfilling our responsibilities we need not feel heavy but need to be light within. This lightness will be reflected in our thoughts, speech, actions and relationships which will be light too. We will then be able to mould ourselves according to the situation. When we take up any responsibility, we need to remind ourselves that we have taken on this responsibility and we will fulfill it to the best of our ability. We will do our best but will be prepared for whatever outcome it brings. We can then be able to adapt to the variety of situations that life brings.

The Step Of Donation In Silence

Donating is the final step of silence. We have filled the self with a particular quality and it starts flowing out of us. We allow this quality to touch the atmosphere around us and consciously donate this vibration to the world, enabling those in need to feel it and to absorb it.

This is the ultimate step of a true meditator, often referred to as the *lighthouse* stage. A lighthouse stands still and stable in one position in the rough sea and beams the light all around so that ships are shown the way. We are able to bring an original quality of the self into our consciousness, fill our self with it and then, very naturally, let it radiate from the mind.

One of the most important aspects in this step of silence is the link with the Supreme Energy. We make this link with the Supreme Source, we absorb from that Source, we fill the self from that Source and then donate all that the Source has given us.

This is called *angelic* or *instrument* consciousness. It is said that an angel is a human soul who has fallen so deeply in love with that Source of Light that it has transformed completely. It is totally filled with Light and Peace and its task is only to serve, to share Divine Love and Peace with others.

Soul Sustenance

Playing My Part as a Hero Actor (Part 3)

In yesterday's message we had discussed how some of us believe that our life script has been written by God and we do not play any role in the same. In this regard, it is very important to state that **respecting, thanking and remembering God in good as well as bad times is obviously very very good and the right karma but submitting ourselves blindly to God's will is an inactive response which prevents each of us from using our free will to make any choice at any moment and shape our future.**

While there is a master plan which is being played out on the stage of the world, a part of the plan is that we each have free will and an opportunity to decide our actions and responses. We need to realize that each one of us possesses an intellect, which absorbs the capacity to discriminate right from wrong, good from bad, from God and decides how to act on the world stage.

In this regard, there are two aspects. The first aspect is – God writes my life script completely for me without me playing any role in the same. The other aspect is - I perform actions and create my responses, based on God's knowledge of good and bad karmas which he has given me, so as to shape my destiny and write my life script accordingly. There is a fine difference between these two aspects, the second aspect being the correct one. This knowledge given to me by God is stored in my intellect; I am the master of it and can decide how to use it to play my part.

Message for the day

To be strong is to be free from the influence of the body.

Expression: To allow the body to influence the mind is to be doubly ill. The one who allows himself to be doubly ill is not able to deal with the illness of the body. On the other hand, the one who is powerful in the mind is able to maintain the inner strength in spite of the disease and so has the power to put in effort to finish it.

Experience: Instead of being conscious of the disease of the body, all I need to do is to maintain the consciousness of being powerful internally. Then I would not be afraid of the disease of the body but will have the courage to deal with it. I am able to see the disease as something temporary and will soon find myself rid of the illness, as I am powerful within.