



Smile

In life you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello".

Meditation - A Process Of Cleansing, Dialogue And Joining (cont.)

Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Today we take up:

Joining

We can take the third meaning of meditation from the Sanskrit word yoga. By understanding this word, we learn how to get divine cooperation, or put in another way, a certain external spiritual power that can liberate us and help us to dialogue positively with the self (explained yesterday). The word **yoga** means "**bringing together**" or "**joining again**". Joining again with what or with whom? Firstly, with our original and eternal self: the soul, and secondly, with the eternal Supreme Source of all positive power and energy; this Source helps us to recharge ourselves with energy and to know ourselves.

At this time in the history of humanity, humans have lost the mastery and control over themselves. They do not have continual peace or a sense of purpose, happiness or fullness. The human soul needs to be recharged. **Although the soul has great potential in its inner self, it needs a source of external energy for the latent (hidden) powers and virtues to emerge**, just as occurs with seeds in nature. The seeds of plants and trees have their own source of inner energy. However, this energy cannot be released without the actions of an external energy source, in this case the energy of the sun. Through the power of sunlight, the seeds in the earth will sprout and flourish. The human body has its own energy, but needs external sources of energy on a daily basis: air, sunlight, water and food. Without these external sources, the human body would die. **The external source of power that helps the latent virtues emerge in the human being is not physical, since the human soul is not physical either. This source of power has traditionally been called God or the Supreme Being:** in fact it has been given many names.

(To be continued tomorrow....)

Soul Sustenance

Adopting a Wiser Perception

Depending on my choice of perception, I may see life as a battleground, where I face a constant battle from morning to night. The constant to and fro between family and work may tire me emotionally and mentally. If I let it and see it that way, life can also itself become the **cause** or **source** of my tensions. It may even seem as if the path of life is scattered with rocks blocking my way. Instead of stepping around or over them, I perceive them as being obstacles. The thoughts may come easily to my mind - 'If it was not for so-and-so or such-and-such, I would be able to...'. I may mention the same to my loved ones. Instead of bringing me any benefit, these complaints take me away from the power that I, the soul, have within of changing anything. I simply pass on my capacity to change, to persons or objects over whom or which I obviously have no control.

If I am fortunate to have a wiser perception which spirituality can give me, life can become a great place to learn and grow.

Behind seemingly difficult situations are my major lessons. Disguised in routine tasks are the sign boards that point me back towards truth.

Relationships that bring with them repeated scenes of negativity with the same person and for the same reasons show me the weaknesses I have to work on. Indeed, until I work on the eradication of my weaknesses, I keep repeating them. Challenges do come, but they help to bring out the best in me. **If I have the subtle eyes to see and the courage to go forward... life is a constant experience of reminders and benefits to progress along the road to my highest consciousness.**

Message for the day

The one who is wise is free from wasteful talk about others.

Projection: When someone relates something to us about another person's negativity, we tend to listen to it with great interest. We, then, find that the other person is greatly encouraged to speak about it. But such waste talk is not really useful for anyone and we find that there is no solution for the problem at hand.

Solution: When someone is talking about the negativity in another person we need to question ourselves if listening to this is of any use to us or if we can do anything about the situation. If we cannot do anything we need to remind ourselves that there is no use listening to such waste talk. Instead we need to make an attempt to look at the positive aspect in the other person so that the other person can see that, too.

Food for the Soul

Each and every day we take special care to give food to the body. We are aware of the time when we don't give it enough food. But we are not as much aware of the spiritual food that we need to give to ourselves. So when there is any attack from the outside, the mind is too weak to withstand it. To read or hear something good everyday goes a long way in making the mind healthy and happy. Also to think and churn on it makes it easy for us to remember what we have heard and it keeps us so healthy that when difficult situations do come our way we are able to face them with our own inner strength.