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Power of Thoughts

Thoughts are more powerful than actions because they are the creators of actions. You have to keep in mind that the thought-waves of your good wishes and pure feelings, your vibrations of peace and love, can once again bring harmony in nature and happiness in the world.

Being Fortunate

When there is an awareness of being fortunate, there is the ability to recognize what one has. All that is there in one's own life is put to good use, which brings about benefit. Such a person never gives up trying to better the situation. He puts in continuous effort with enthusiasm. When I have the awareness of being fortunate, I am constantly happy and content. I appreciate everything that is in my life and continue to put it to good use. So I find my fortune increasing with each day that passes. I thus experience constant progress and happiness.

Ending The Day In The Presence Of God

On a physical level, there is complete transparency in a parent-child relationship. When a child is born to a mother and father and the parents see the child for the first time, the child is completely bare. As the child grows in the canopy of the parents, the parents see and know everything about the child, not only in a physical way, but also the child's personality or nature right from childhood. Sometimes, there are certain things about the child that even the child himself does not have an awareness of, but the parents are aware of the same. So, in short, there is nothing that the child can hide from the parents.

In the same way, the Supreme Being, who is a permanent resident of the soul world, has seen from that world, each soul right from the time when it was completely bare or bodiless residing in the soul world with Him, to the time when it took its first physical costume or body on earth and then changed many costumes in the process of birth and rebirth. He not only knows the soul's original *sanskaras*, which were there in the soul in the soul world, but also each and every costume that the soul wore. He also knows every soul's different relationships while wearing each and every costume; every thought, word or action created while wearing each and every costume and the different personality traits or *sanskaras* of the soul while wearing each and every costume. That is on an unlimited level. On a limited level, **there is no doubt that the Supreme Soul who is the Supreme Parent of all human souls and is said to possess a thousand eyes; very well knows the mental, emotional and physical activity of the complete day of each soul.** Thus, there is nothing that is hidden about the soul from this Parent.

(To be continued tomorrow...)

Soul Sustenance

Meditation on Self-Forgiveness

Sit comfortably and relax. Recall the feelings associated with some mistake or mistakes you have made in the past. Connect with any feelings of hatred and revenge; connect with any feelings of guilt and how you felt you had let others and yourself down; the shame and the humiliation you may have felt...

Now ask yourself:

What good is it doing me or others by holding onto these feelings...?

What benefits does it bring me? How does it help me, or the other people affected...? (pause for 30 seconds).

Now, say the following to yourself inside your mind:

I decide that I have held onto these feelings long enough and it is time to let them go... This is a matter of reason as they no longer serve me, and a matter of my will at a deep level to release them... I feel all these negative feelings and let them go... I release them... let them go...

Now, unconditionally, forgive yourself... you have made a mistake... you have learned from that mistake... there is nothing to be gained from having feelings of guilt or shame... let them go... forgive yourself... forgive everyone else who may have contributed... it is time to let it go...

Now focus on your true self - a divine being of spiritual energy situated at the center of the forehead... focus on your inner feelings of peace... Think of and feel your inner qualities of honesty, tolerance, kindness and generosity. Focus on them, as this is who you truly are... a peaceful, compassionate, forgiving being of spiritual light... radiating these qualities to the world...

Message for the day

Simplicity sharpens the power of perception.

Expression: When there is simplicity within us, the clouds or layers that prevent our perception begin to fade away and we can see the situation clearly. With simplicity we find that there is nothing to colour or change our perception and naturally the decisions that follow become accurate too.

Experience: Before we take any important decision we need to stop for a while, detach ourselves from the situation and see it with a cool mind. With this our thoughts will become free from all kind of associated memories and unnecessary attitudes and we will be able to make the right decision.