



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 that is for anyone else. Only our own heart knows what and when it is for us. Your heart wants to sing. Don't die with your music still within you.

relax7.

Non-violence

Non-violence is a very deep philosophy. Not only does it require us to harm no one physically, but also avoid harming anyone's self-respect. Such an ethic requires tremendous awareness and sensitivity. When we have learned to be gentle with ourselves, we can be the same with others.

Application Of The Law Of Karma

We are presently living in a closely connected world where everyone knows what everyone else is doing, as they are doing it. Each day brings scenes and images, through the media, in front of us, of many apparent injustices and suffering of individuals or groups of individuals. Whether it's in the office, or in the market or on the television news, we hear and see reports of people suffering tremendous pain and sorrow at the hands of others. At these moments, our sense of injustice is stimulated and it becomes easy to rise in outrage against the sinners. In the process we ourselves suffer from our own self-created anger and perhaps hate. This process then becomes a habit and an inner pattern we begin to repeat, not only when we encounter scenes of global peacelessness, but the moment someone in the family or at office does something similar. A panic button is pressed and we react with the same pattern.

What we forget in both global and local contexts, is the **history and geography of karma. Every scene and situation has a variety of related causes in both time (history) and space (geography)** e.g. emotions of hatred and revenge amongst various countries and religions (in different parts of the world) and the actions connected with these emotions has underlying hidden causes, related to the Law of Karma (Law of Cause and Effect) which go back sometimes to hundreds of years - X is doing something with Y because Y had done something similar with X sometime in the past, but in different physical costumes, sometimes quite some time back in history - this is the reason, we often fail to take these causes into consideration when viewing these negative scenes and situations, because we see the situations with a limited perspective of present physical costumes and circumstances.

(To be continued tomorrow ...)

Soul Sustenance

The Triangle of Spiritual Energy (Part 2)

Today, when human beings seek love, meaning and purpose, they first connect horizontally (with others) rather than vertically (with the Supreme Source). This leads to a greater loss of energy and eventually dissatisfaction and emptiness. The vertical connection liberates the self from becoming dependent on someone else and from having too many expectations.

After the vertical connection, there can then be the horizontal connection with others, that is, with the outside or external.

The horizontal movement can be called '**reconnection**'. When we have taken the first two steps (first inwards i.e. connection with the self and then upwards i.e. connection with the Supreme), we reconnect with others on the basis of openness and sharing, rather than selfishness and need. At this point, there are real relationships that are respectful and balanced, rather than a relationship of wanting, taking, or exploiting. We have come to understand that when we are well with ourselves, we will be well with others.

(To be continued tomorrow ...)

Message for the day

True love is felt by all who receive it.

Expression: Sometimes we do find ourselves in situations where others are not responding to the love we are giving. We are trying to be understanding and accepting as much as possible but others don't seem to be recognising it. In such a situation we begin to blame others and their lack of feelings and concern.

Experience: Instead of blaming others when our love and concern is not being reciprocated, we need to check the quality of the love that we give. If there is even a trace of selfishness or if it is mixed with expectations, our love will not be able to reach out and touch the hearts of others. So we need to make sure that our love is pure and unselfish.

