



Moon, Sun and Stars at the same time! - Wisconsin, USA

Get Through the Day

For the days when you wonder how you're going to get through the day, what do you do to give yourself that extra oomph to keep going?

Try this: take a break, even if it's just a few minutes.

Find a window and look out to catch the light, the space and the possibility of seeing something new.

Clear your head. Go from a frown to a smile.

Let the brow become smooth, the features soft. Feel free, feel new and notice how the day changes for the better.

Absorbing Spiritual Light

Just as darkness is the absence of light, negativity which manifests as vices and weaknesses inside us is merely the absence of spiritual light. Through the influence of negativity, the sense organs waste away the light. The question of vice, or sin, has been of a lot of importance in religion. No matter how much political or religious control has been imposed, nothing has been able to block the internal wasting away of the "light" of the soul. Light has a source but darkness does not. Darkness is not created by any source but is rather the absence of a source. In the same way, **the negative forces do not emerge from the real nature of the self, but are simply symptoms of a lack of spiritual power or light.** As spiritual power declines, symptoms of negativity such as anger, greed, ego, attachment, hatred, jealousy and related vices appear. On the other hand, as the soul's power and spiritual light increases through a union (meditation) with the Supreme, the vices automatically disappear. In fact problems are not fundamentally caused by a particular vice, it is a question of the extent of one's power. If I am weak, the *sanskars* mostly related to vices dominate my experience. If I am strong they do not have a chance to affect me.

The negative forces have often been personified as *Ravana*, *Maya* or *Satan* but in fact there is no such entity. *Maya* describes a level of consciousness. There is no outside being whom we can blame. The vices are symptoms of individual ignorance and loss of power, which appeared only when our original creative powers subsided as we came into the process of birth and rebirth. **When the soul's power fell below the level necessary to control matter and the senses; then the vices emerged inside the soul.** The soul was more and more propelled by them through many births, until today when they appear to be a basic part of our "real" nature.

(To be continued tomorrow ...)

Soul Sustenance

The Three Mirrors of Inner Beauty (Part 3)

In the last two days' messages, we have explained the first mirror for inner beauty.

The second mirror is the mirror of meditation – In the silence of meditation which is a connection or the experience of a relationship with the inner self and the Supreme Soul, each day you come close to and dive deep into both of them. **When you create powerful, positive thoughts about the self and you also visualize your true spiritual self, you feel and experience your true virtuous being, what you are - radiant and free of all influences. That experience helps you to see yourself as you really are and in contrast to how you are now.** Perhaps you feel peaceless, disturbed and dejected today, but by creating thoughts of peace and contentment in meditation you quickly realize that in reality that is your true nature. In that way, it serves as a mirror for self realization and checking and changing. When you visualize the Supreme Soul during meditation and experience His virtues, it helps you to see and quickly realize yourself in contrast to Him and make the required changes in yourself because the child should reflect the qualities of the Father.

So a good practice then is to look into this mirror and check yourself once in the morning before the day's activities and once before sleeping for 10 minutes each time. Also, since this is the most powerful mirror, it is extremely vital to carry this mirror with you throughout the day and check yourself in it for one minute after every hour. This may sound too much time given to the inner self to many, but all of us are aware that like an untidy, unkempt external self is not pleasing to the self and does not create a favorable impression on those who come in contact with us, in the same way that applies to the inner self also. So one minute spent in looking into this mirror and doing some self-introspection and checking and changing will

keep us looking good for the next fifty nine minutes and if we do mess up internally during those fifty nine minutes, then corrections can be made quickly in the next one minute break – it's as simple as that.

(To be continued tomorrow)

Message for the day

To have a balance between being a master and a child is to ensure success.

Expression: To be in the consciousness of being a master means to have confidence in whatever has to be done and in the ideas that have to be put forth. Along with this if there is the consciousness of being a child, there is learning and improvement, because criticism is taken in the right spirit.

Experience: When I am able to be open to criticism as a child, I am able to learn from it. I am able to gain further mastery without being troubled by ego. My learning would never be blocked by what other people think or feel. Instead I am able to experience constant progress and sure success.

Faith

When we are continuously being battered by the storms of life, and our very spirit is ebbing away, then all we need to do is hang onto that gift called "Faith" that one support which will weather the storms. Faith does not depend on a clever head, only belief; belief in the self and the strength that lies within. Faith is the seed of victory and the foundation of making the impossible possible.