



Karoon Dam Bridge, Iran

Life

Your thoughts guide you to your destiny. If you always think the same you will always get to the same place. Think in a new way and you will be a new person.

To have the ability to understand a problem is also to have the ability to find a solution.

Just as an expert in any field would notice a deficiency, if I have the ability to recognize a problem, I will surely know what the solution is. I need to focus my energies to find the solution. Then I will be able to use my resources well. Today I will only focus on solutions. Whenever a problem comes up, I will spend time thinking about what I could do to change it. When I direct my mind in this way, there will neither be worry nor will the problem remain.

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

Living With A Purpose

How can we define heaven? Heaven could simply be described as the place to experience peace, joy and happiness. **So, what is our heaven in our practical life? How can we experience it? Fulfilling our dream or true purpose or experiencing it being fulfilled is our heaven. Living out our dream and purpose is to live in our personal space of heaven here and right now.**

If everything that we do during the day and in life is directed at fulfilling our **purpose - our reason for being, for existing and for living** - we will be much happier in everything we do, because everything will be channeled or focused towards what we really want. On the other hand, if we do a little bit of everything, but without knowing where we are going or what our true destination is, we will be like a ship that has lost its way in the ocean. The ship's crew steers the ship – it now goes towards the left, now to the right, goes backwards, then forwards towards the north, towards the south and in the end stays in the same place and gets nowhere, although it's crew is busy or is working all the time. The crew lets itself be carried by the currents, the tides, the waves in the ocean and the winds above the ocean. It has lost its bearings and doesn't know how to be guided by the stars, which would show the crew the right way. In our case, the stars being our intuition. Without our life's course dictated by a true purpose, we let our consciousness asleep and don't listen to our intuition, which will reveal to us our purpose.

Message for the day

The method to get help is to take the first step of courage.

Projection: When I set out to achieve something, I usually expect help from situations or people, but am not always able to get it. Then I tend to become disheartened and sometimes tend to give up the task altogether.

Solution: The right way to get help is to first take a step forward even in the most negative situations. With courage and faith when I start in whatever little way I can, I find the help coming to me. Then I will neither stop nor give up with the little setbacks that I am faced with.