



Sow the Seed of Peace

If we plant a positive, clean seed of thoughts and concentrate on it, we give it energy, like the sun gives to a seed in the earth. And as the seed in the earth awakens, stirs and begins to grow, the thoughts on which we concentrate awaken, stir and begin to grow. So let us sow positive thoughts. Each morning before we begin the journey of the day let us sit still, in silence, and sow the seed of peace. Peace is harmony and balance. Peace is - freedom from the burden of negativity and wastefulness. Let peace find its home within us. Peace is our original strength, our eternal tranquility of being.

The key to all treasures is to "happiness".

There are a lot of gifts that are hidden in my life, in each day. When I have happiness, and am able to happily move along through the day and am able to get an access to these treasures. This will also make me more aware of the inner treasures that I have within me, like my values, powers, skill and abilities. Today I will make a list of all those things that I am thankful for in my life. This list will only be of what I have and appreciate. Making such a list will make me happy and keep me prepared to recognize and appreciate all other gifts that are coming my way.

Principles for the Body To Make Early Morning Meditation Successful (cont.)

- * Freshen the self before morning meditation, with a shower or a hot drink. Avoid speaking before the meditation.
- * Sit with an upright posture, away from the walls or comfortable chairs. If the body is ill, awaken but sit comfortably, and do not force the self.
- * Have a good circulation of fresh air.
- * Subtle lighting creates an atmosphere of meditation. If it is too dark it will lead to sleepiness; if it is too light there will be eye-strain.
- * Burn incense sticks (*agarbattis*), only if it doesn't irritate your and others' eyes and throats.

Soul Sustenance

The Benefits Of Soul Consciousness (Part 2)

The following differences between body consciousness and soul consciousness, will make you realize the benefits of soul consciousness (the practice of meditation make us soul conscious):

In Body Consciousness: I become bored and depressed easily.

In Soul Consciousness: I understand situations and overcome them easily. I am able to maintain enthusiasm.

In Body Consciousness: The wings of the soul are clipped (cut).

In Soul Consciousness: I have wings of thought to fly beyond the body.

In Body Consciousness: The intellect is dull. I am limited to the perception (way of looking at things) of this physical world only.

In Soul Consciousness: The intellect is sharp. I can travel, with the power of the intellect, to my original home – paramdham or shantidham.

In Body Consciousness: I see a distorted (misunderstood) past and have no aim for the future.

In Soul Consciousness: The past, present and future of my part are seen clearly.

(To be continued tomorrow)

Message for the day

The right way of living spreads joy to others.

Projection: When people around me are not happy with me, I usually believe that I am right and they are all wrong. I then cannot check or realise my own mistake. So I rarely make an attempt to change myself and continue to wait for others to change or understand me.

Solution: If people around me are not able to get happiness from me or the way I live, I need to look at my own life in a detached way to see where I could change. Even a slightest change brought by me with sincerity will have a great effect on those around me.