



## Power On

Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become fuzzy, and decisions are impregnated with doubt. Power is available inside and outside. Inside us we have a spiritual center, at the core of our consciousness, pure radiant spiritual light. This is what we are. However it is now blocked by our attachments, the record of all our life experiences and many learned beliefs and perceptions. Outside us we have the sun of spirit, the source, invisible to our physical eyes but only one second away when we are able to quieten and focus our mind. Meditation connects us to both sources of power - that's why meditation is the way to access the real vitamins and the minerals that spirit craves. The vitamin of pure love and the minerals of truth and wisdom. Take time to empower yourself today. Sit quietly and connect your mind to each source and allow yourself to recharge and renew.

## Nurturing My Relationship With Myself

One of the most significant areas of importance in any human's life is that of **relationships**. Someone with very good, close, harmonious and loveful relationships with loved ones, friends, colleagues, etc. is normally considered very fortunate or lucky. **But of all relationships, the first and most basic one is the one I have with myself.** So, how good, close or deep is my relationship with myself? How well do I know myself? Am I my own friend? If I think over the last week or fortnight, how many of my reactions were unexpected or uncontrolled or basically not the right ones? How many reactions left me confused, sad, unenthusiastic, peaceless, depressed, negative in any other way or in short uncomfortable? If there have been several such situations, it is an indication that there are still things deep within me that I do not know.

Normally a friend is someone whose company I enjoy, for whom there is love and from whom there is some benefit. **As in any worldly relationship, without knowing a particular person to the core I can never have a deep relationship with that person.** As the phrase *spiritual knowledge* implies, it is the knowledge of the spirit or the self. Only by knowing myself completely and having a good relationship with the self, can I channelize my inner potential that I have within myself - just as water from a river, when properly channelized, provides water for various purposes. In any worldly relationship, if enough time and attention is not given to it and it is not nourished, it gets affected negatively. In the same way, though it's obvious that I have to spend a large chunk of each day involved in situations arising from my duties, routine activities, responsibilities and worldly relationships; my relationship with myself should also be given enough time and attention, so that it does not suffer. If I am not careful about that, my worldly life may use up my energy completely and discharge my inner battery. **I need to find times in the day when I give time to my relationship with the self and recharge myself. The peace and happiness I long for internally will be obtained by having a good, positive relationship with the self.**

## Smile

Like the torchbearers, carry a flame of light wherever you go.

To carry the flame is, to let the light shine through your smile.

Pass the torch onto everyone you meet because a smile makes everything light and makes everyone feel better.

## Message for the day

**To be healthy internally is to make the best use of all treasures.**

**Thought to ponder:** A healthy intellect acts like a mother, always showing the right path. When internally one is strong, there is the natural ability to treat the mind with love and guide it towards the right direction. Such a healthy state of mind naturally enables the recognition and the proper utilization of everything available.

**Point to practice:** Once I have learnt the art of guiding my mind in the right direction with love, I then never experience the difficulty of having to bring back the mind to the right thinking. Because the mind is totally under control in a very easy and natural way and I don't have to control it or force it to think or not to think in a particular way.