



Great Expectations

The root of all needs and expectations is an unfulfilled spiritual desire. Satisfy your spiritual desires through the practice of meditation and you'll be able to interact successfully with anyone. No longer needy, you will enter into relationships simply to share and enjoy. There'll be no strings attached in the way you give of yourself; your love will be unconditional.

Understanding What Is An Angel (Part 2)

In Christian mythology, angels are commonly shown as small children with wings – this is symbolic of the fact that angels are very innocent and pure, untouched by vices like anger, greed, lust, ego, hatred, jealousy, etc. (so are children). The purity of an angel is depicted in mythology in the form of an aura of subtle light or a halo around the head.

An angel's love for humanity is unlimited, yet it is completely detached as the Supreme. **An angel experiences that whatever comes through it in the form of thoughts, words or actions has the effect of blessing other souls, as if it is able to perceive or judge immediately or instinctively what each soul needs and cater to their needs.** This act of blessing others is depicted in the form of a magic wand. Angels are commonly shown with magic wands in their hands, with which they shower blessings on others.

An angel's thoughts, words and actions are all serving others. An angel is a lighthouse, mighthouse, connected with the Supreme; it radiates the spiritual rays of light and might, the love, peace, happiness and power of the Supreme Soul, to others.

Put yourself in a creative space and make time to write.

Write poetry, fiction, anything. You don't have to write for anyone, just write for yourself. Don't let the rules of language become a barrier.

Evoke a moment in time, a person, an event, an impression, a feeling, an insight. Give voice to the deep and meaningful part of yourself. Be creative, be honest, be brave and write.

Message for the day

The one who is detached enjoys all facilities and yet is not dependent.

Projection: For the ones who are detached, the facilities available are a medium for attaining something. They make the best use of each and everything available, for their benefit and the benefit of others. Yet they don't stop because of lack of facilities because they are able to find a way even if there is nothing available.

Solution: When I am detached, my internal stage is beyond fluctuation. I am able to enjoy each and every thing that comes my way and be light constantly. Also it enables me to be free of dependency. So I am able to make use of all facilities, and yet be free from negative feelings when I am deprived of them.