



## **Meditation**

Meditation is the process of getting to know yourself completely, both who you are inside and how you react to what is outside. Above all, meditation is enjoying yourself in the literal sense of the word. Through meditation, you discover a very different "me" from perhaps the stressed or troubled person, who may seem superficially to be "me". You realize that your true nature, the real you, is actually very positive. You begin to discover an ocean of peace right on your doorstep.

### **The Three Mirrors For 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 ....)

## Be Optimistic

If you have the habit of seeing things from a pessimistic viewpoint, then all you need to do is broaden your scope for a moment and step outside of your negative perspective.

View the situation from a different light. See the opportunity in every difficulty, not the difficulty in every opportunity.

Focus on the possibilities and not the impossibilities.

Be more optimistic and you'll be healthier and less stressed than when you were a pessimist.

## Message for the day

**To be free from guilt means to ensure quick and easy progress.**

**Expression:** Blaming oneself for all that happens and taking the mind to extreme levels of guilt takes one to a sense of unworthiness. Such a person loses the strength and is unable to look for solutions in difficult situations. Hence there is nothing new that can be thought of, and the situation doesn't get any better.

**Experience:** When I continue to blame myself, I believe that I deserve neither happiness nor love and that the sorrow that I am experiencing is a deserved punishment. So I lose all enthusiasm to improve the situation and have no awareness of the treasures that I have. So I experience no progress in my life.