



"The Nightingale and the Wild Rose" Artist : Kitty Grimm

Sparks of Purity

Words! They are all around me! I see them. I use them. Harsh words, soothing words, biting words; words that give pain and sorrow; words that give joy and pleasure. They are vital to communication. When words are spoken there are reactions, negative or positive. Either thoughts are triggered or emotions fired or actions performed. Words colour our behaviour. And how lovely it is to hear words that are calm and free from rancour and aggression. To hear words that lift the soul and leave it with renewed vigour. Such words are the sparks of purity. It is important to remember that my speech indicates what is in my mind. As the thinking, so the words uttered. Mental calmness makes my words calm. A pure mind makes for pure words. It is said that speech may exalt someone to kingship or send him to the gallows. I should never let myself indulge in false, bitter and vicious speech. My words should reflect my true, inner nature, that of purity and peace. Words, once spoken, can never be recalled. They reverberate all around, beyond our control. Today, as I utter words, what effect will they have on those who hear them? Will they be the words that are poisonous and cause pain? Or will my tongue be like that of the nightingale, sweet and so, so very soothing and lovely to the ear?

The Three Mirrors For Inner Beauty (Part 2)

In yesterday's message, we had discussed the first mirror, the mirror of spiritual knowledge. Elaborating further, this mirror will also show you the Supreme Soul and it will remind you about His virtues and actions which will help you check where you stand in comparison to Him in terms of virtues and actions and will influence you to follow him by imbibing those virtues and performing actions in the similar way. Lastly this mirror will remind you of your relationship with the Supreme and forging a deep and personal connection with Him in different ways which will benefit you and others.

The knowledge read every morning will help you see and realize what mistakes you have committed in the last 24 hours while performing actions and also in maintaining a connection with the Supreme and also see what you have done positively in the same regard during the same time, which will encourage you further to do the same in the future. The mirror of knowledge will also help you remain careful for the day ahead and perform actions and experience a relationship with the Supreme based on what you have read. **It is a common experience of a lot of people that the spiritual knowledge read in the morning is always what the need of the moment for them is. The spiritual knowledge read is very commonly an exact reflection of the activities and mental state of your last 24 hours and/or something which you require for the coming day** for the self, for your relationships, for facing different types of obstacles in your personal and professional life. This is the Law of Spiritual Attraction that works in each one's life, but to different extents. Our consciousness and inner requirements attract towards us the spiritual knowledge of a similar nature.

(To be continued tomorrow)

Willpower is what keeps you on track.

Willpower is what stops you from giving in to temptations.

So, strengthen your willpower, not by removing the temptations but by facing them and choosing not to give in!

The next time you find yourself lacking in willpower, refocus on your aim and why you want to achieve it.

Remind yourself: I am in control of my choices.

I am in charge of my behaviour. I am the master of my life.

Message for the day

The ones who see specialities become special.

Expression: To see specialities and ignore negativity is to take a step ahead by imbibing those specialities. This creates a habit of seeing, taking in and expressing only positive qualities. So whatever the person may be, whatever his qualities may be, there is only a connection of positivity with him.

Experience: When I am able to relate to everyone in this way with only specialities, I become special. I also find others responding positively to me and using only their specialties while in contact with me. There are also a lot of good wishes that I receive from others because of my positive attitude.