



Full moon rising over Mt. Hood

## **Love is the Key**

Love is a powerful force. It can take us to great heights and leave us feeling light and airy. Yet it has been the most abused and misused force. Many degraded things pass for love. True love is based on understanding, mutual trust and respect and not simply on transient emotions. Love is being in balance, that is, in harmony with the self, God and each other. Love dwells in the soul. We must allow this love to flow out and around us. Without love, all of life's treasures are locked away from our vision and experiences, for indeed 'love is the key.'

## **Fulfilling Desires By Changing Your Belief System**

One most important characteristic that differentiates the Supreme Soul from human souls is that the Supreme Soul is the only entity that exists in this World Drama that is completely desire-less and remains that way eternally. If we were to make a list of desires that human beings have, we would name a lot many and various different types of desires.

**Whatever karma or action any soul performs at different points in the World Drama, whether positive or even negative, pure or even impure, they are all performed to fulfill these different types of desires.** But when seen from a spiritual perspective, **whatever the external form of the desire may be, the internal desire is always very simple - to go back to its eternal (or inert) state of peace or original state of peace, love, joy and power.** The eternal or inert state of each soul is the state in which it exists before it begins its journey of birth and rebirth, when it resides in the soul world and the original state of each soul is the state in which it exists when it has just begun its journey of birth and rebirth i.e. at the beginning of the birth-rebirth cycle.

Even negative karmas based on the personality traits of anger, greed, ego, lust, etc. may externally seem to be filled with violence or impurity, but internally, each time any soul performs such karmas, all it desires is a return to its eternal and original state (we shall explain this in tomorrow's message). But it does not realize how these karmas take the soul away and not close to these states.

This is where the role of the Supreme Soul comes in. The Supreme Soul is completely desire-less and possesses the capability, knowledge and power to fulfill these desires of the soul. **Being the Supreme Teacher, He guides and teaches us what are the right karmas or actions that can help us fulfill our desires and take us closer to our eternal and original state and which actions, take us away from it. Also He is the only one who can teach us how to connect with Him so that these desires are fulfilled,** because he is the Ocean of all the qualities that exist inside us in our eternal and original state and connecting with Him fills us with these qualities. The connection and the right actions, both, are vital for our progress.  
(To be continued tomorrow...)

## Values

Values are related to each other as if they were members of a great family. From peace and happiness emerges inner joy. From this state of wholeness love awakens and with it the desire to share and give. Two of its relatives are tolerance and respect. All values have a shared origin which unites them - the peace of spirituality. When you lose peace you begin to lose everything.

## Soul Sustenance

### Self Realization (cont.)

People affected by anger lose their temper and become excited at the slightest provocation. Yet, when the event is over they find peace in going back to their normal nature. The same applies to all the other vices (greed, ego, lust and attachment), which are at the root of all emotional disturbances, strains, tensions and imbalances. This indicates that the vices are not the original nature of the soul.

If the soul thinks about its original nature and does everything with the realization "I am a soul, not a body," its original qualities reappear naturally. They are its basic values. It is worthless seeking them externally. It is like the musk deer running after the sweet smell of musk, unaware that it is coming from its own navel. Peace of mind is the soul's property. It automatically flows from within it once it is soul-conscious.

The soul only has to let its original sanskaras become thoughts and keep them flowing. Whatever thoughts are in its mind that is the state it experiences. Soul-conscious thoughts bring peace of mind. Body-conscious thoughts disturb the soul. It is the soul who decides what state of mind to experience. It can either be peaceful, or in peacelessness. It is the soul who has the power of decision. The situation should not dictate to the soul.

## Message for the day

**True service is to be free and make others free from obstacles.**

**Projection:** When we are involved in a task, we totally think about ourselves irrespective of what effect it has on others. Such an attitude sometimes takes on the form of selfishness to the extent that we become an obstacle for others.

**Solution:** We need to check ourselves whenever we are involved in a task if what we are doing is affecting others positively or negatively. Whatever we do, only if there is benefit for us as well as for others, can we call it truly successful.