



Torres del Paine National Park in Chile

Remember

If peace, warmth or friendship is a little bit less, then just remember this – whatever you put out always comes back to you.

Love

Nothing can be more pure or stimulating than the relationship between the soul and Supreme Divine Being. They say love is a flower so delicate that a single touch can bruise it and yet so strong as to face the biggest storms; this describes the perfect love, as God has for us. When sustained on faith, it carries us across the most difficult hurdles of life but dies instantly with the touch of impurity, negativity, doubt.

Freedom From The Dependency On The New

One of the dependencies that the consumer society promotes is dependency on the new. You have a car but today a new, better one is coming out. You have a mobile but the new one on the market today has more features and yours is now obsolete. The same thing happens to the television, MP3 players, DVD players, etc. Today you have some clothes but tomorrow the fashion will be different. We find the need to fill ourselves with more and more. This way an addiction to the new is generated. We get bored quickly and we need something apparently new and different all the time.

Some people need to buy new clothes all the time because it makes them feel better; they feel the newness, is this normal or is it actually an addiction to the new out of boredom, is it discomfort with oneself and the inner need to impress and please others that sometimes some people seem to possess. It is actually living in the superficiality 'of the pair of jeans or the saree', not in the inner essence of being or soul. It is to use time to distract oneself and not to construct creatively. It's not as if buying new stuff or going shopping is wrong but when it becomes a dependency, when it becomes a source of boosting your self esteem, that's a sign that you are going wrong.

(To be continued tomorrow ...)

Soul Sustenance

The Internal And External Source Of Spiritual Energy

Every day, in the morning, we all need to recharge our spiritual battery, the energy of which has been used the previous day. This is extremely important, otherwise the light of our consciousness becomes dim, thoughts become unfocused and decisions are filled with un-clarity and doubt. This energy is available inside and outside. Inside us we have a spiritual centre, at the center of our consciousness, pure spiritual energy. This is what we are. However access to this energy is now blocked by our attachments, many negative life experiences and many incorrect beliefs and perceptions (way of looking at situations). Outside us we have the Supreme Soul, the source, the Supreme Being or Supreme Spiritual Energy. Both these sources are invisible to our physical eyes but only one second away when we are able to quieten and focus our mind on them. The method of doing this is called meditation, which connects us to both sources of power - that's why meditation is the way to spiritually nourish the soul, the nourishment that the soul longs for immensely. Sit quietly and connect your mind to each source and allow yourself to recharge.

Message for the day

To be a master means to use at the right time the powers that we have.

Projection: We do have a lot of powers within us which we can use in different situations. But we sometimes find that we are not always able to order the right power at the right time. So, sometimes in spite of having the power within us, we are not able to use it because it doesn't come to use when we require it.

Solution: We need to practice being the master having control over all our inner powers. The more we practice being the master, the more we will find our powers working perfectly under our order. Then we will be able to use the right power at the right time.

