



Humility

Humility puts a hand out to nothing extra, but simply takes what's there; whether that is food or clothing or understanding. Sometimes there is a lot available and sometimes only little. It doesn't matter. Even when you understand nothing, there is no worry, for in humility there is the trust that if a person feels themselves to be a child of God, everything will come anyway, at the right time.

What about the self?

Making time for the self can save time for the self. We have to spend much time earning to support ourselves and caring for other members of our family. But what about the self? We are busy checking our children's thoughts, words and actions, what about your own. It is important to make sure our thoughts, words and actions are what we would like our loved ones to have. If the foundation is weak, is it sufficient to fill up the cracks in the walls that continue to appear. In your dealings with others if there can be deeper communication, greater accuracy and clarity, then think how much time can be saved. Our thoughts are our closest companions.

Inner Freedom Meditation Experience

Experience the following thoughts one after the other:

I relax...

I release all tensions...

I create a space of silence...

I move towards my inner self, letting my thoughts gradually focus on the experience of peace...

For a few moments I reflect on all the things that affect me, that have a negative influence on me, the people, the situations; everything that stops me from achieving a state of inner freedom...

Around me I visualize a luminous circle (circle of light); there is a great power of silence...

I feel protected inside this circle of subtle spiritual power...

Nothing can take away my positivity, my inner peace, my strength and wisdom...

I can be free to think and feel what I choose. Internally I am free. I am not at the mercy of anyone or any situation...

Soul Sustenance

Experiencing the Stage of Being a Detached Observer

Experience the stage of being a detached observer by gradually creating the following thoughts:

I am aware of the present moment and of time... The whole world is out there... I let go for a moment of what is happening around me... It is as if the world continues to turn, but I have stopped for a few minutes and turned into an observer... Mentally, I take a step back... I look around me as if I were in the inside of a room... the room of my mind... In this place, I can be with myself... at peace... calm... free... Here I do not have pressures, or worries, or fears... Nothing and nobody can influence me... I can think... see things as they really are...

I am sitting like an observer, seeing through two windows... These windows are my eyes... I am not my eyes... I am aware of who is looking through these eyes, a tiny sparkling star like energy, the soul... I am different from everything I am seeing... I perceive that separation between the observer and the observed... I observe the things that surround me without judging, without analyzing... I simply observe, remaining at peace with myself...

I see this world as a stage of a great unlimited theatre play... each human being is an actor, a soul playing their own role via their physical body... I simply observe from my inner room... things come and go... nothing is permanent... I do not need to worry about anything or anybody... I let things be... flow... I am at peace... calmed... I share this vibration of peace with all that surrounds me.

Message for the day

The one who teaches others never makes time his teacher.

Projection: When the situation demands or forces us to change, we can usually bring about a change. But rarely do we find ourselves changing before time and being ready for the situations that are to come. So, we face a lot of difficulty during the time we are facing a problem.

Solution: We need to have the simple aim to keep learning from everything that happens. With this aim we will be able to learn and be ready even before time forces us to change. Then we will be able to give the right direction to others, too, at the right time.