



Generosity

If I limit the love I give to just one or two, it will eventually go stale. If I learn to create love inside my heart and silently give it to everyone I meet and greet, love will grace every corner of my life.

If not now, then never

Knowing the value of time, we can create extra moments by not wasting our precious time. We need not throw away our time in trivial, wasteful thoughts that distract and divert us or squander our time in careless words that cause sorrow or harmful actions that - as time turns around - return to cause us regret and demand recompense. We can make a great saving by bringing all the worries and waste of time gone by to a complete finish, by putting a full stop. We need not make ourselves any more promises of action tomorrow, But instead - do it now. For, if not now, then never.

The Three Mirrors For Inner Beauty (cont.)

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)

Soul Sustenance

Meditation - A Process Of Cleansing, Dialogue And Joining (cont.)

Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Yesterday we had explained it as a process of joining. Today we throw more light on the same:

Joining (cont.)

The Supreme Power is the eternal reference point for all creation, whose task is to recharge and cleanse everything. **Being eternally pure and untouched by any trait of selfishness or violence, the Supreme Being is totally benevolent (kind), and through the eternal energies of love and truth is capable of recharging and filling the human soul with all the powers.** Of course, each person chooses their own level of cleanliness, recharging or fullness. That personal choice will determine the resulting powers of love, peace, happiness and truth to be found in the individual.

The Supreme Being is like an eternal point of pure Light that resides in the world of eternal silence, beyond time and matter. Through concentrated thought we can reach this source of love and purity. When our mind is

synchronized it takes just a second to establish communication. When we reach this place of eternal silence, the world of silent light, we focus our loving attention on the Supreme Being. If our focus is deeply concentrated we can feel the self is filled with the purest peace and love, something we have never felt before in our lives. This is yoga: rejoining the self with the Supreme Being and, in this union, we once again recall all the things of value that had been hidden. So **yoga means remembering: remembering the original self, the original and eternal relationship with the Supreme Being and remembering, through experience, the true meaning of love, peace and happiness** (as a result of the connection with the Supreme).

Message for the day

Commitment makes even the most difficult task seem easy.

Projection: Sometimes we find ourselves having to do something in which we are not so interested, because it is part of our job. When we are forced to do something we don't like we find it very difficult to do the task. As soon as we get a thought as to why we should be doing it, it becomes very difficult.

Solution: We need to bring sincerity in whatever we are doing. With sincerity comes commitment and with that comes confidence in our thoughts, words and actions. With this confidence we will be able to do the most difficult task with ease.