



Church in the Middle of No Where - Austria

Strength

Contentment is a great strength. It comes when a person lives in honesty and simplicity. Contentment means we have overcome useless desires. It is said that you can discern a person's truth from their level of contentment.

Self-control

Self-control is not about suppressing emotions or tolerating the pressure of circumstances. Self-control is to be the creator of your thoughts and feelings, to be creative and find new answers. This helps you to remain calm and cool.

Understanding What Is An Angel - cont.

In Christian mythology, angels are commonly shown as small children with wings - this is symbolic of the fact that angels are very innocent and pure, untouched by vices like anger, greed, lust, ego, hatred, jealousy, etc. (so are children). The purity of an angel is depicted in mythology in the form of an aura of subtle light or a halo around the head.

An angel's love for humanity is unlimited, yet it is completely detached as the Supreme. **An angel experiences that whatever comes through it in the form of thoughts, words or actions has the effect of blessing other souls, as if it is able to perceive or judge immediately or instinctively what each soul needs and cater to their needs.** This act of blessing others is depicted in the form of a magic wand. Angels are commonly shown with magic wands in their hands, with which they shower blessings on others.

An angel's thoughts, words and actions are all serving others. An angel is a lighthouse, mighthouse, connected with the Supreme; it radiates the spiritual rays of light and might, the love, peace, happiness and power of the Supreme Soul, to others.

Soul Sustenance

Stepping Inside ...

One aspect of meditation is that it teaches us to face life from the inside.

It takes us to that point of stillness where we find the strength to change and heal the inner self. In that silence, we are able to find perspective and insight. In a deep state of introspection, we clearly observe our thoughts, seeing our true motives and intentions behind our words and actions; when we understand that our intentions are perhaps not quite right, then we are in a position to say to ourselves, 'Hold on a minute!' When we use silence to check our thoughts at that level, then we begin to realize that many of the things we are thinking about are not really worth thinking about.

At this point, we become spiritually economical, which in fact leads us to becoming very generous. A lot of precious energy is lost, both mentally and emotionally, on wasteful and negative thinking. Ninety-five percent of our time is wasted on thinking about others; we go on and on with a string of expectations from others, which becomes like a hammer of demand on other people's heads. **Take a combination of expectations and demand, and what does it equal? Conflict!**

When we learn to become silent and to reflect on our inner self, we start feeling satisfied with what we find inside, expectations from others gradually come down and there is a deep sense of contentment.

(To be continued tomorrow ...)

Message for the day

The one who is a special flower keeps spreading the fragrance of virtues.

Projection: Being in situations that are not always positive it seems very difficult for us to be positive. As is our environment and the situations, we find, so are our own responses, too. That is, we find ourselves reacting negatively in a negative situation and positively in a positive situation.

Solution: We need to remind ourselves that we are a special flower with our own specialities. The more we remind ourselves of these specialities, the more we are able to spread the sweetness of this fragrance to all - whatever the situations may be.