



Loneliness comes when I forget God is my Supreme Companion.

To Be

You spend most of your life running after things, doing things. You forget that being comes before doing. Those who remember this secret make an effort to "be" and discover that when they stop and observe, life helps and brings whatever is needed. Learning to be is learning to be at peace. It is our most fundamental nature.

Soul Power Over Role Power (cont.)

Continuing from yesterday's message, **the various components of soul power are:**

The power of inner silence or the silence of my mind - Silence is a power. The fewer the thoughts in my mind and the more powerful, positive, peaceful and focused they are, the more my mind will contribute to the success of the role on a subtle level. My silence is regularly tested when faced with negative situations or obstacles. The more successful I am in maintaining this stage in such situations, the more is my treasure of silence collected over a period of time and the more positive the influence of this silence will be on my physical role and the success of various tasks connected with the role.

The power of inner and outer carefreeness, happiness and contentment - Happiness not only inside but also giving others an experience of the same through my face, my eyes, my words and actions full of lightness and enthusiasm, etc. while coming in contact with them. Ensuring I am content with myself and others and also others are content with me. Regular periods of discontentment or unhappiness either within me or in my relationships affect the success of my role adversely.

In tomorrow's message, we shall explain the remaining components that make up soul power.

Soul Sustenance

Meditation and World Transformation (Change) - cont.

Yesterday we had explained how one can become a medium of world transformation by sitting in meditation.

To become a world transformer, while performing actions, the following method can be practiced - when dealing with others, continually maintain the internal feelings of being a spiritual rose flower, spreading the fragrance of divine qualities through good vibrations and good wishes. When viewing others, look not at the eyes, but look at the point of light in the centre of the forehead whose original qualities are peace, bliss, love, joy, power, etc., and remember that it is the eternal (beyond life and death, timeless) soul talking to the eternal soul, through the body. Also, while maintaining this type of spiritual vision, sprinkle other souls with the energy vibrations of the same virtues.

Message for the day

Perfection comes to the one who is open to learning.

Projection: When we realise having made a mistake, we usually have negative thoughts about ourselves. This is because we expect the best out of ourselves, i.e., we expect ourselves to be perfect in everything we do. But this expectation prevents us from taking naturally the learning from the situation.

Solution: We need to realise that perfection does not come by thinking about it but by being busy in whatever we are doing. With every action of ours comes a learning and this automatically brings perfection.