



## **Meditation**

A racing mind that reacts sensitively to little things indicates thinking that has lost its spiritual strength. Meditation restores that strength.

## **The Two Close Companions Of Peace** **(Meditation)**

Sit comfortably and relax... Remind yourself of your spiritual form as a soul - a point of subtle light (non-physical light), a sparkling star, situated between the two eyebrows... Now visualize your star-like form and emerge the feelings of peace looking at this form with your mind's eye... experience stability and contentment in this inner value of peace, peace is your own treasure... Fully let go off all your concerns, tensions and worries and allow all of yourself to become deeply peaceful... Now, feel the vibrations (energy waves) of your peaceful light form radiating outwards into the world... Be aware that the vibration of your peaceful form is like a gift... Consciously transmit this gift of peace with the pure desire of calming and relieving the stress and peacelessness of others...

As you radiate the power of your peace into the world, you do so with great love... As you give the gift of peace, with love, you are aware that you are able to serve others, reach out to others, in this invisible but extremely significant way... This awareness brings about a new sense of meaning in your life and you experience deep feelings of happiness within your heart... It is a happiness which takes the form of bliss, a bliss or satisfaction experienced as an invisible fruit received in return of unconditional serving... You realize that your peace does not live alone... True peace is that which is shared with others... it always has with it its closest companions... an experience of love and a feeling of pure happiness...

Our basic spiritual characteristics of peace, love and happiness are values that can be compared to the primary colors of the soul. While the soul can experience these values, it is only when they are mixed together (to give different shades) that they emerge through our attitudes and behaviors as virtue. Virtuous thoughts, words and actions restore balance and harmony to our inner life and to our external relationships.



## Soul Sustenance

### The Gender Of God

In a large number of religious traditions, all over the world, God is always referred to as a male entity. But, just as the soul does not have a gender and is neither masculine nor feminine, God's i.e. the Supreme Soul's gender is neither male nor female specifically. Therefore, as a soul, a spiritual child of God, I can come close to God without any inhibitions or difficulty, which I may experience in any relationship in the physical world, due to the gender of the body I am occupying.

We need to take a look at the Supreme Being or God closely. The Supreme Being is the **Supreme Mother** who provides spiritual sustenance and whose love is full of unconditional acceptance. No matter what has happened, how my nature or personality may be, I experience unconditional acceptance from God. It's a love that strengthens me, as well as it purifies me. At the same time, God is also the **Supreme Father**, a very powerful entity, who provides protection and fills the soul with the inheritance of divine qualities and powers. It's a question of just being an innocent child and claiming that inheritance. These are the first two relationships that have to be experienced with God.

The Supreme is a balance of being feminine, having the qualities of **caring, giving** and **full of good wishes** and masculine at the same time, having the qualities of **power, authority** and **fearlessness**. He is She and She is He. These two relationships with God, whereby God plays both the roles of both parents are the basis of my spiritual development. Spirituality introduces to us the concept of taking a new spiritual birth to the Supreme Father and Mother. This birth is based on a change of consciousness. One needs to let go of the negative, impure and sorrowful past and develop a new consciousness, based on the present introduction to spirituality, which is positive, pure and blissful. The awareness of the self as a soul changes my way of looking at things immensely, but the consciousness of being a child of God, who is the Mother as well as the Father and seeing others with that vision brings respect and love for myself. Then all these qualities start showing in my actions and interactions as well.

## Message for the day

**Others experience sweetness when words are filled with the power of truth.**

**Projection:** False sweetness is saying that something is good without having taken the pains to find out what it is i.e., commenting on something superficial. Sweet words are those that are spoken after having understood the reality.

**Solution:** In order for our words to have an effect on others, we must take time to see if we have really understood the goodness in the other person. Our each comment should be based on the truth that we have discovered in others and we will find others taking benefit from our words.

## An Open Heart

When your heart is open and clean you will be humble. Humility needs a good home to dwell in. When the mind is filled with negative feelings or biased ideas towards anyone, you cannot use your humility. So fill your mind with positive thoughts towards everyone. If you have negative thoughts towards anyone, make an attempt to remove them. Tell yourself that you don't like one particular aspect in that person and not the person himself. In this way you will help the other person also to bring about change.