



Original Peace

It is not necessary to search for peace. It is within. Your original state is one of peace. External situations will pull you away from your peace. If, that is, you let them. Internal feelings can also pull you away. Tiredness, for example, leads to irritability. Learn to be in charge of yourself and maintain your peace: centre your awareness on your spiritual form - a tiny star-like point of light, seated in the middle of your forehead. Really experience the difference between You the Sparkling Star, and your body, the physical vehicle. Learn to detach yourself from the vehicle. Even a few moments of this practice, if done regularly, will return you to your natural state of peace. Tiredness will vanish. Irritability too. And your actions will be filled with love - for the self and others.

Our Resources

The one who is able to fulfill all responsibilities in the right way is the one who wins the trust of those around him. So when we are using all the resources available with us in the right way, we are further given the space to use these resources. We need to make sure we are making proper use of the resources that we have, including the resource of our time, our virtues, our knowledge etc. When we use these resources properly we will be able to win the trust of others and get the freedom and space for ourselves in our work and relationships.

Topics For Meditation Thought Commentaries (cont.)

Here are a few thoughts or themes for meditation to help you:

* I am a point of pure spiritual energy, a point of pure light, situated at the center of the forehead. While the world around me is always changing, various different scenes come and go in my life, while even thoughts, feelings, emotions come and go, I the soul remain here at the centre of everything, at the centre of even myself, stationary, unchanging and totally stable. In this inner space of stillness, I experience pure peace and silence.

Repeat as well as expand the thoughts explained over the last couple of days gently to yourself, experience them deeply, allowing them to take root in your mind while enjoying the beautiful feelings of detachment they bring. This will help you reconnect with your spiritual center with ease.

Remember, the final aim of meditation is to go beyond **thoughts** into the actual **experience**. **Thoughts** are the steps which take you to your final destination of **experience**. The stage of **experience** is one which does not contain any thoughts. But you cannot make this happen forcefully. Use the thoughts to gently guide you there. They will slowly dissolve on their own and, when the time is right, instead of thinking about peace you will feel peace and reside (stay) in peace - the peace which always resides (stays) within you.

Soul Sustenance

Understanding Attachment

Entertainment industries publicize the illusion (false belief) that in order to be happy we must acquire "things" and form relationships of attachment to them; that in order to find love we must possess or be attached to the other person. This confusion between love and attachment has entered into all our relationships in a number of ways.

To our conditioned minds it appears to be a contradiction (error), but it is a basic spiritual truth - to be loving it is necessary to be detached. Attachment is the root of fear and fear and love cannot exist together just as day and night, winter and summer cannot. The idea and the practice of detachment are found in almost all the paths of wisdom, over the centuries.

This is so because attachment is one of the deepest habits that we learn to develop, and we do not realize that anything we attach ourselves to turns into a trap for our consciousness, for the self, the being. We know we are attached when we begin to think about someone or something when they are not present and there is no need to think about them. Our mental energy exhausts itself and we have the sensation that we lack control over our thoughts and feelings.

Each time that we automatically cling (hold on) to something, we invoke (call for or attract) the presence of fear - whether it be of people, position, power, money or even opinion, any form of attachment means that we will fear harm or loss. Fear takes on many faces (worry, anxiety, and tension); it prevents our spiritual growth and frightens us away from or blocks us from love.

Message for the day

The biggest gift is the gift of virtues.

Expression: Through out the day, each individual is involved in a series of activities. A simple thought to give the gift of virtues makes even ordinary actions special. Each act becomes special and the fragrance of this speciality

spreads around and touches the lives of others too. Such an individual is able to contribute to every task with his own speciality and bring success in the task too.

Experience: When I am able to express and give the gift of my virtues, I am able to attain satisfaction with whatever I get to do. This satisfaction brings in me the inner urge to contribute some more. I achieve success outwardly too since I have actually been able to experience inner success. My relations with others are also harmonious and whatever task I do along with the others brings a productive result.