



## Principle of Pure Love

If we obey the principle of pure love, our life will always go in the right direction. Altruistic and unconditional love is pure and comes from our inner truth. When we are obedient to that inner truth, our life becomes a joyful dance.

## Appreciation

It is much easier to note what one doesn't have than appreciate what one has. So whenever challenging situations come our way, we tend to see what we are lacking. When there is such an attitude we are not able to make any effort to change the situation. We then tend to blame others or give excuses. During challenging situations and even otherwise, we need to make special effort to appreciate and use what we have. When we continue to make effort in this way, every challenge will allow us to discover and use hidden resources, thus making us richer. So we would be able to experience constant progress.

## The Difference Between Human Souls And The Supreme Soul (God)

**Human Souls:** They take human bodies and experience birth, life and death.

**Supreme Soul:** Never comes into the cycle of birth and death.

**Human Souls:** They are subject to change and the dualities of pleasure and pain, growth and decay, happiness and sorrow.

**Supreme Soul:** Changeless. The One beyond the above dualities.

**Human Souls:** They remember and then forget their original pure nature.

**Supreme Soul:** God is always the ocean of knowledge; he does not come in the cycle of remembering and forgetting.

**Human Souls:** They are seekers of peace and happiness.

**Supreme Soul:** God is the One whom everyone seeks (longs for). He is the bestower (giver) of peace and happiness to everyone.

(To be continued tomorrow ....)

## Soul Sustenance

### The Life Jacket of Hope

In the midst of the constant changes of life and confusing or chaotic situations, hope, becomes our life jacket, which helps us to keep afloat and not to drown in the hurricane that at times causes unexpected or sudden changes. Without hope, we expect the worst. Our vision gets cloudy; we do not find or see any ray of light to see by. The mind fills with questions, allowing it to be overpowered by doubts and insecurity. Fear takes control of us and everything turns into a mountain or an un-climbable wall. It seems to us that we will not be able to get out of the difficult and critical moments, or it will be difficult for us to get out of the "hole". We feel incapable of going forward. Fear and doubt paralyze us and prevent us from deciding with clarity and acting with determination. We need to find support or help and, when we don't get it, we go even further down.

Living with hope keeps us awake. With hope we are open to the opportunities that life offers us. We overcome fear and expect the best. With hope our forces are joined in order to deal with and overcome difficulties. We maintain the vision that everything will get better and things will streamline themselves, giving out benefits to all. Hope helps us to keep the meaning of our life alive.

### Message for the day

#### Cooperation brings beauty and growth.

**Expression:** Everyone seeks for cooperation from others, but the beauty lies in cooperating with others. True cooperation is that which is given with the heart and touches the lives of others positively. It inspires others to be cooperative too. This is the true help that one can extend to others.

**Experience:** When I am able to be cooperative with others and provide them with the help that they require, I am able to enjoy the joy of giving unconditionally. I am free from expectations from others and I am able to enjoy the growth that I perceive in others. I don't expect others to change for me but because they can improve.