



## **Perfect and Pure**

There is part of you that is perfect and pure. It is untouched by the less than perfect characteristics you've acquired by living in a less than perfect world. It is filled with divine qualities, so is a constant state of resourcefulness and well-being. It's total absence of conflict and negativity of any sort makes this part of you a Still-Point; a deep, enriching experience of Silence. Make time to practice reaching this inner place of Silence. It will bring you untold benefit.

## Quietness

Have you ever wondered why libraries have special atmospheres? They are places where many congregate but where silence is the code. Quietness in an atmosphere means there is the presence of quiet minds, and quiet minds are not only relaxed, they can concentrate easily and create more freely. Imagine you are in the library of your mind, browsing the accumulated wisdom on the shelves of your life - listen to the silence, be aware of the stillness. Now you can really listen. Now you can really hear. Now you can really think. Now you can create. And behold, you are an artist. Did you not know that silence and creativity are lovers?

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## 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, might house, 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

### The Location And The Form Of The Soul (Part 3)

All of the characteristics present in the soul are subtle or non-dimensional (without size) in nature - thoughts, feelings, emotions, decision-making power, personality traits (sanskars) and so on. If they are all without size, then it is reasonable to conclude that the living, conscious energy, the soul, from which they emerge is also sizeless. For this simple reason it is eternal (beyond life and death). Something which has no physical size cannot be destroyed. As a soul I am neither spread throughout the whole body nor am I an invisible duplicate of the physical body. Even though the body of subtle energy exists inside the physical body, it is the effect of the soul being in the physical form and not the soul itself. Just as the sun is in one place and yet its light radiates throughout the solar system, the soul is in one place and its energy is spread throughout the whole body. To express something that exists but has no physical dimensions we can use the word point. The soul therefore, is an extremely small point of conscient (living) light. For the sake of having an image to fix our minds on we can say its star like in appearance. In deep meditation we can experience the soul as an extremely small point of non-physical light surrounded by an oval-shaped aura.

### Message for the day

**Every reaction to situations is a reflection of one's own self-respect.**

**Expression:** To the extent that there is a high degree of self-respect, to that extent there is a positive response to even the most negative situations. If there is low self-respect, even the smallest situation brings forth a strong negative reaction. This reaction only makes matters worse.

**Experience:** When I am able to maintain my own self-respect even in the worst situation, I am able to have a hold, control over these situations. But if I have a low self-respect I continue to blame situations and use them as excuses to feel helpless. So I am not able to do anything about these situations and just continue to have negative feelings.