



### **The Power of Purity**

A powerful, yet often misunderstood, aim of spiritual study is purity. Purity of the soul means to return to its original divine qualities. The soul has become so polluted with less than divine qualities, it can hardly enjoy being alive. Purifying the soul puts the higher self back in charge - useless and negative thoughts are removed and annoying habits finish. A pure soul cannot be touched by sorrow; indeed the power of purity is such, it serves to remove the sorrow of the whole world. Purity restores happiness - even bliss. All you need to do, in order to re-establish your purity, is want it. But you need to want it intensely, to the exclusion of everything else. The one thought, "I must become completely pure". sparks a fire of love between you and God. This fire melts away all the pollution, and your purity becomes such a power that it frees you from all battles for ever.

## **To have courage is to receive multi-fold help.**

When I have courage to take a step forward in the right direction, I would find that I receive help. My mind opens up to the various possibilities and opportunities that are available. Also, I start receiving help from people and God too. Today I will take a step towards the right direction. Once I set my mind on it, I will make a list of all those things that will be a help to me get that. I will also take a thought that I will surely achieve what I set out to achieve. This practice helps me move forward, in spite of the difficulties I might face.

## **Understanding And Overcoming Ego (cont.)**

To conquer ego, humility and honesty are required. We need the courage to look into the self honestly and acknowledge that the characteristics of *I know* and *I control* exist and have to be removed, if there is to be truth and happiness inside. We need to remember the original *I am* e.g.

*\* I am a child of the Supreme Soul, similar to him in qualities and powers,*

*\* I am the soul which is seated on the Supreme Being's (God's) heart throne,*

*\* I am a knowledgeable soul,*

*\* I am a blissful soul who gifts everyone with the treasure of happiness etc.*

Through meditation and remembering the true *I am* (shared above), the pollution of the selfish ego is gradually replaced by the remembrance and the experience of the pure self: the *I* that is not attached to anything, or anyone, but is completely whole within itself. The expression of this pure entity is not selfish but selfless and the person begins to share with others, everything that he/she possesses - knowledge, specialities, talents, virtues etc. where necessary, facilitating the awakening of the true potential of others, just like sunlight. Light is a great facilitator. It steps in, awakens and then moves on. An egoless person acts, interacts and expresses themselves in this way.

## **Soul Sustenance**

### **The Triangle of Spiritual Energy (Part 2)**

Today, when human beings seek love, meaning and purpose, they first connect horizontally (with others) rather than vertically (with the Supreme Source). This leads to a greater loss of energy and eventually dissatisfaction and emptiness. The vertical connection liberates the self from becoming dependent on someone else and from having too many expectations.

After the vertical connection, there can then be the horizontal connection with others, that is, with the outside or external.

The horizontal movement can be called 'reconnection'. When we have taken the first two steps (first inwards i.e. connection with the self and then upwards i.e. connection with the Supreme), we reconnect with others on the basis of openness and sharing, rather than selfishness and need. At this point, there are real relationships that are respectful and balanced, rather than a relationship of wanting, taking, or exploiting. We have come to understand that when we are well with ourselves, we will be well with others.

(To be continued tomorrow ...)

## **Message for the day**

**A deep understanding and an attitude of pure feelings results in positive thinking.**

Projection: When we talk about positive thinking, it is usually just 'think positive' and 'be positive'. But just saying this, either to others or to myself, doesn't help to change my thoughts permanently, in fact usually, not even temporarily.

Solution: Real positive thinking is much deeper than just to think positive. For this I need to understand and see things as they are, without colouring them with my own attitudes. Then I can deal with things in the most appropriate way, having understood everything accurately.