



Open Heart

The heart is like a flower - unless it is open it cannot release its fragrance into the world. The fragrance of the heart is made up of the qualities and virtues of our spirit. Most of us have learned how to keep our heart closed in a world that would trample all over us if we let it. Being open hearted today seems to require tremendous courage. It is a courage which comes only when we realize that no one can hurt us, no matter what they say or do. They may hurt our body, but if we have realized we are spirit, nothing outside can touch us, if we so decide. Little by little, practice opening your heart to those you think have hurt you. Realize it wasn't them that hurt you, it was yourself. And it taught you not to trust and you closed your heart. A closed heart is in need of opening. And when you do, you will have begun to heal yourself.

The Source of Our Thoughts

A large percentage of your thoughts are determined by what you perceive through your senses. Everything you see, listen to, smell or feel causes some reaction or other in your mind. See how your senses are connected to your mind. Any negative thing that they pick up or produce will disturb the mechanisms of your mind. If you want to have spiritual peace, then use your eyes, ears and mouth with caution. Other thoughts arise from the impressions that have been recorded in your subconscious (identity, personality and/or character), and they may be positive or negative. The negative ones are often due to deep marks and/or habits caused by past events or experiences, and also everything that is deeply established and settled in your inner self (belief system).

The sight and hearing senses are those used most in human beings, with as much as 80 per cent of the information we receive being processed through these two senses. We should always be on the alert to ensure that nothing negative enters these two doors that might contaminate our mind. We need a guardian to ensure that does not happen. This guardian is our intellect, the part of our conscience that contains the wisdom (knowledge) and capacity to discriminate between right and wrong, beneficial and harmful, truth and falsehood. Observing the mind, we can be aware of the thought patterns that originate in our subconscious. It is important to understand that *you* are separate from *your* thoughts. You are not your thoughts, but your thoughts are created by you. With regular practice of meditation you will be able to choose at any time which thoughts you are going to focus your attention on and which ones you wish to disregard.

Soul Sustenance

The Power of Thought

Thought has been proven to be a powerful yet non-physical **energy**, which can influence other souls and also matter. On a limited scale, there are the experiments with ESP (extrasensory perception) and mental telepathy. On a more sensational level, some use the power of thought to such an extent that steel objects can be bent and heavy objects moved without any physical help. In the case of telepathy, communication over thousands of miles is possible in an instant when two souls are **tuned** to each other's mental **wavelength**, as if thought-broadcasting and receiving is some sort of subtle (non-physical) radio system. Evil powers also invoke the power of thought, although for impure or egoistic motives and gains. Thought can be regarded as the energy or subtle force which links the soul to physical matter through the soul's connection with the body.

Message for the day

Humility enables one to serve others.

Projection: The one who is humble is the one who is complete and full. So just like a tree which is laden with fruit, bowing down and offering all it has humbly, the one who is full is ready for service. He is available for others to take benefit from whatever resources are there with him. This humility earns respect from others and gives happiness to all.

Solution: When I am able to bow down with the awareness of what I have, I am fully in the stage of my self-respect. The more I am able to bow, the more others also bow down with regard to me and respect my fortune. This enables me to be a giver to those around me and experience contentment constantly.

Responsibilities

The one who works in coordination with others is the one who can fulfill responsibilities well. Responsibilities can be fulfilled well when there is the recognition that each one can contribute something to the task. It is also essential to create a cooperative rather than a competitive environment. Then there would be no feeling of superiority or inferiority in anyone. When we are responsible to complete some task, we need to involve all the people who can help in it. When we do this we will find our task finishing faster. Also we would find that we would get the good wishes of all the people involved in the task.