



GOODNESS

When I become excessively critical towards others, it means I am going in the wrong direction. We are usually very good at spotting mistakes, but we should develop the quality of also spotting goodness. If I can see what is good in others or in situations and go beyond the curtain of negativity, I feel good about myself. If I constantly think "he is wrong", I instead create a barrier which blocks me from reaching my own goodness.

To have self-respect is to move ahead with confidence.

Normally, we are very caught up with the opinion of others. This leads to fear of making mistakes. Also, it makes us weak, when we don't get appreciation. But, I need to ask myself if I am leading my life in a way that I am proud of myself. Then, I am able to appreciate myself first and others are also able to appreciate me. Today I will appreciate the qualities in me, pat myself on my back for what I am and move on. Only when I appreciate myself, others will also be able to appreciate me. So today I will appreciate myself, even by learning from mistakes. I will do things, not just to please others, but to please myself first.

At Peace With Time (cont.)

To live at peace with time is to live it with peace, trust and determination. It is different to living it out of conflict and forcing things. **In order to live true freedom of being, we have to make friends with time and stop living stressed in time.** We have to **trust**. Trust that you will arrive on time, that you will do it on time and, if not, that a particular problem will be solved. Don't let time be a stress factor. When we live stressed because of time, we lose the best of life. We stop living what is essential and important, and we get lost in the details: I have to go here, I have to finish this, I have to call up someone, and endless amounts of 'I have to...s' that consume our mental energy and make us get lost in the details of the trivial (ordinary). As well, in hurrying, we lose quality. **You can do everything, but without losing what is essential; do it with love, with care, with interest, with enthusiasm, with motivation and with focus.** That way every small action that you take will have a greater impact, will be more fulfilling and will bear a more positive fruit.

(To be continued tomorrow ...)

Soul Sustenance

Marrying Spiritual Practices With Actions

Spiritual practices and life are interconnected; so are my thoughts and actions. It is not possible to separate them. **The immediate influence of any spiritual practice like meditation is on the quality of my thoughts. The quality of my thoughts is then reflected in my day-to-day actions. As the quality of my actions improves, it starts influencing my thoughts positively and the quality of my spiritual practice also starts improving.** When I really understand this, it becomes clear that the right way to live is to marry both these sides within my life - meditation and practical life, marry the process of improving the quality of my thoughts with my actions, because both are interconnected with each other.

Actions performed by being too action conscious, in a wrong, non-spiritual consciousness, have led to a monotonous and meaningless existence, an existence without permanent peace, love and joy, causing feelings of discontentment and an emptiness in many hearts. On the other hand, religious or meditation practices, which were done with the aim of bringing peace and happiness in our personal life as well as in relationships, but were performed in seclusion (by detaching or becoming aloof from society), did not achieve the desired objectives and was unable to influence life positively. This caused spirituality to become disconnected from reality.

I want my consciousness to become such that I can experience the richness of a life of actions, interactions and relationships of the world, but adorned (decorated) with the jewels of the energy and spiritual power that only meditation can provide.

Message for the day

The method for easy progress is to claim the blessings of all.

Expression: Sometimes we find ourselves making a lot of effort and putting in a lot of energy for getting something done. Yet we find that the results are not according to the efforts that we have put in. We then begin to wonder it happens so.

Experience: To be able to give happiness to those around is to increase the speed of my progress. For this I need to pay special attention to keep giving happiness and not giving sorrow to those around me. This brings me their blessings and these subtle wishes bring me happiness and success easily.