



Maturity

As we mature spiritually there is less need to have our self-respect bolstered by praise and special attention. As our thought processes become more compassionate and less self-obsessed, we feel increasingly satisfied with ourselves and with our lives. We relate to people more easily and feel no need to draw attention to our successes or complain about our problems.

Churning Spiritual Knowledge (Part 1)

Churning spiritual knowledge or thinking deeply about it makes us a complete authority of that knowledge. What are some practical ways of implementing churning in our lives?

Take 15 minutes out of your daily routine every day to think deeply on any topic related to spiritual self progress (like e.g. each day's *Positive Reflection* or something else). You do not need to disconnect yourself from action to do this. You could do this while taking a walk, while driving to office, while cooking food, etc. By churning this way in isolation, the mind is able to concentrate immediately. Secondly if you read some spiritual knowledge and afterwards write down the essence (summary) of it for 5-10 minutes as it has influenced the mind, then you will find that essence will remain with you and deepen during the day.

The benefits of churning spiritual knowledge are as follows:

1. Churning makes the soul feel powerful: it makes you aware of your powers and increases your self-respect. Any inferiority complex ends and one experiences oneself as a great and powerful soul. Self-confidence awakens as weak thoughts diminish: *I won't be able to do this. Will I succeed or not?* Strong thoughts emerge instead: *The Supreme Being himself is with me. I will definitely be successful.* Such confidence and bravery is experienced which strengthens the soul to undertake any impossible task.

2. Natural and unruffled peace in my outlook: Churning takes us to the depths of the ocean of knowledge. The depth of knowledge finishes all our attractions. In the depths there are no storms, but only the peace and bliss of unlimited treasures.

(To be continued tomorrow ...)

Soul Sustenance

Connecting To The Qualities Of Others

Meditation adds immense value and depth to my relationships. It also brings closeness in them. Many obstacles and barriers, both on a physical as well as a subtle level, come between me and others when my consciousness and as a result, my perception are struck primarily in the physical dimension. **If I hardly know five to ten per cent of myself, and that too mostly on the surface, my relationships are going to be similarly superficial.** With my self-respect built on very weak foundations, it will tend to be delicate and I'll be prone to trying to maintain it by thinking about and focusing my energies on others' weaknesses, sometimes real and sometimes even imagined. I'll also find it hard to realize and appreciate their qualities. Such is the state of so many human relationships today.

In meditation, I go into the depths of myself, and deep within my inner being, I find the beauty of peace, love and happiness that is there inside me. I also realize that this same beauty lies inside each soul. **Then naturally and very easily, without any effort, I get connected to the same qualities in others.** I also find the strength to do the same. I am no longer judgmental seeing others' temporary *sanskaras* of negativity. I find qualities that are basically there inside every soul: the original qualities or *sanskaras* of each spiritual being. It's like a basic prototype for the whole of humanity, which I deeply see and realize.

Message for the day

You can have good wishes for everyone when you consider the ones who put obstacles in your way as your teachers.

Expression: When someone puts any obstacle in your way, check what feelings you are having towards that person. Check if you are able to have good wishes for them or if your attitude is becoming negative towards them.

Experience: Even when someone does something wrong towards you, have the awareness that they are the ones who enabled you to learn something new and contributed for your progress. When you do this, your negative feelings will also change to positive and you will begin to have good wishes for them.

Progress

True progress brings progress in others as much as for the self. It is usually believed that self-progress and progress of others is totally separate. It is believed that where there is thought for the progress of the self, there is selfishness and there is no benefit for those around. In fact, selfishness in an extreme form can also have a negative influence on those around. In whatever we do we have to check and see if there is any benefit for others along with whatever benefit we are getting. If there isn't we can check to see if there is a better way of doing what we are doing which could have a positive influence on at least one person. Then we will find ourselves benefiting doubly. We will get the blessings from others along with the personal benefit we get.