



Eternal Star

There is a part of you that is perfect and pure. It is untouched by the less-than-perfect characteristics you have acquired by living in a less than perfect world. This part of you is a still and eternal star. Make time to reach it and this will bring you untold benefit.

Entering Into A Land Of Forgiveness (Part 2)

We are all very much aware that forgiveness is an antidote (one that neutralizes or heals) to anger. But **to forgive, the first and foremost power that is required is the ability to apply a full-stop on my rough emotions when provoked.** The control of my emotions, one minute every hour, is like building a dam across the river of emotions which becomes rough, while coming into interactions with a variety set of personalities and while becoming busy in actions, both of which cause an expansion of thoughts. The situation becomes worse when the interaction or action, during the past hour, has been a negative one, filled with conflict. So, every hour, a short one minute meditation, to fill the mind with the power of peace, is the first preparation of the mind to forgive easily. We suggest to you a few thoughts that you can create – I am a peaceful soul, a beautiful golden-white star situated at the centre of the forehead. I spread the rays of peace to my surroundings. I am the child of the Ocean of peace, the Supreme Soul. All the people in my office or in my family or in the world at large are also children of the Ocean of peace, their nature is inherently (originally) peaceful. We all together, collectively, have to create an atmosphere of peace at our workplace or home or in the complete world, so that we can all proceed into the land of forgiveness. This is our objective and please do not forget - our sweet father's (God's) wish and desire from his children.

Collecting 15 minutes of peace every day (one minute every hour), in this way, is extremely valuable. These 15 minutes are the bricks of the dam that you have to build for yourself inside your mind and keep the rough emotions in check. Try this for one month with an earnest heart, a lot of love for God, for whom this exercise is being done, loyalty to his task and determination to transform the self. This peace-brick building exercise will not only dam (control) your emotions but will also slow down the speed of the flow of the river of emotions by healing the origin or source of the river of emotions, which is your *sanskara* of anger and transforming it into a *sanskara* of forgiveness, because thoughts of peace not only fill our emotions with peace in the short term but also make our *sanskaras* peaceful in the long term.

(To be continued tomorrow ...)

Soul Sustenance

Saying Yes Or Saying No?

In life many times we are presented with situations that **ask something of us or offer us opportunities**. They make us question what we are doing and suggest to us that perhaps we should change direction. To remain in flow with life is to remain bring about changes in the self that situations want from us, as long as it is in agreement with our conscience. But for that, we should be clear about what we say **yes** to, and what we say **no** to. **When you put your heart into something and your mind is centered, the energy flows powerfully towards there. It is a question of listening to your heart, and daring to say yes or to say no.** We have to say it keeping our conscience and action in line, in order to maintain honesty and integrity.

Personally, we all live through difficult and uncomfortable situations, but in your heart you need to know that you will definitely be there. **The trust in yourself, and the confidence that everything will work out fine, knowing that there is some hidden lesson that you have to learn, helps you to say yes.** It is what the situation asks of you, although you prefer to be in some other *more comfortable* situation - a less risky or seemingly negative one. It is important to hear the voice of time, of the moment, of the situation and trust that it would strengthen you, with which it would bring you closer to greater personal development and to your destiny as a person, and also brings about global benefit since you are a part of society, a part of humanity.

Message for the day

Where there is zeal and enthusiasm, success is guaranteed.

Contemplation: If you are not able to experience success in all that you do, check if you are filled with enthusiasm or not. Also find out the reason for not being enthusiastic. This helps you to realize and overcome your weakness.

Application: In order to increase your own enthusiasm throughout the day, create an aim for yourself and see that you work towards this aim each day. When you find yourself progressing towards the aim you will become enthusiastic.

To race with myself is better than trying to compete with others.

I can really excel when I try each day to be better than what I was yesterday. Instead of trying hard to compete with others, I need to compete with myself. This will ensure that I am moving forward in the direction of my own specialties. This will bring excellence in what I do. Today I will work on one quality of mine and use it consciously. This quality could be a simple skill or a virtue. When I recognize and use it consciously, I will find it increasing. So, today I will put into use one quality of mine.