



Self-Mastery

Within each one of us there is a master of the universe. Not the universe out there but the inner universe of our thoughts and feelings, attitudes and actions. Most people realize too late what awaits within and how valuable it is. For too long we allow ourselves to be distracted and bewitched by all that is happening outside. To be the master of your inner world is to be the master of your own destiny. Are you going to be the master or a slave?

True 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.

Directing Your Inner Orchestra (Part 1)

Our inner orchestra is made up of different music instruments - the different instruments are: our memories, desires, tendencies, mind, beliefs, emotions, feelings, fears, intuition, judgements, creativity, our imagination.... When you direct your inner orchestra well, you can remain unaffected by external influences without succumbing to them. When the orchestra directs you, you dance from one side to another without a clear direction and with a music that is not very harmonious or sweet; it is noisy and you suffer. Who is the director of this orchestra? You. Who are you? You - the consciousness, you - the soul, you - the being. **When your consciousness is in charge, you make the orchestra play according to the inner voice of your being, according to your purest intentions and values.** You can. You simply have to be awake, alert and attentive. If the director of the orchestra closes his eyes for a few moments and covers up his ears, what happens to the orchestra? You have to keep the eyes of your inner spiritual vision open; what is called the third eye. And listen with your heart, not with your physical heart but with the heart of your being. If your orchestra rules over you, and you - the director - are stiff, without flexibility, asleep, un-sympathetic, you will not be able to achieve your dreams or arrive at the destiny that you would like to reach. And, to make things worse, when your orchestra dominates you, you are more vulnerable to being dominated by the orchestra of others. Or you will allow someone else to direct your inner orchestra. This is the ideal road on which to get trapped and suffer. Is this what you want? (To be continued tomorrow ...)

Soul Sustenance

The Gender Of God

In a large number of religious traditions, all over the world, God is always referred to as a male entity. But, just as the soul does not have a gender and is neither masculine nor feminine, God's i.e. the Supreme Soul's gender is neither male nor female specifically. Therefore, as a soul, a spiritual child of God, I can come close to God without any inhibitions or difficulty, which I may experience in any relationship in the physical world, due to the gender of the body I am occupying.

We need to take a look at the Supreme Being or God closely. The Supreme Being is the **Supreme Mother** who provides spiritual sustenance and whose love is full of unconditional acceptance. No matter what has happened, how my nature or personality may be, I experience unconditional acceptance from God. It's a love that strengthens me, as well as it purifies me. At the same time, God is also the **Supreme Father**, a very powerful entity, who provides protection and fills the soul with the inheritance of divine qualities and powers. It's a question of just being an innocent child and claiming that inheritance. These are the first two relationships that have to be experienced with God. The Supreme is a balance of being feminine, having the qualities of **caring, giving and full of good wishes** and masculine at the same time, having the qualities of **power, authority and fearlessness**. He is She and She is He. These two relationships with God, whereby God plays both the roles of both parents are the basis of my spiritual development. Spirituality introduces to us the concept of taking a new spiritual birth to the Supreme Father and Mother. This birth is based on a change of consciousness. One needs to let go of the negative, impure and sorrowful past and develop a new consciousness, based on the present introduction to spirituality, which is positive, pure and blissful. The awareness of the self as a soul changes my way of looking at things immensely, but the consciousness of being a child of God, who is the Mother as well as the Father and seeing others with that vision brings respect and love for myself. Then all these qualities start showing in my actions and interactions as well.

Message for the day

Fulfill your promise instead of just keeping it in a file and you'll find progress.

Expression: In all that you do throughout the day, check to what extent you are able to fulfill the promises that you make to yourself. Also check the reason for not being able to fulfill some promise that you have made recently.

Experience: Think of that promise that you had made to yourself recently that you had not been able to fulfill and think of the reason why you had made that promise and how important it is for you to fulfill that promise. When you practice in this way you'll find yourself getting enthusiastic to fulfill that promise.