



Embodiment of Success

May you become the embodiment of success by having the determination to make fruit grow even on infertile land. To become the embodiment of success in anything, a combination of determination and love is required. Just as scientists nowadays try to grow things in a desert, in the same way, continue to give the water of love with the power of silence and become fruitful. With determination, you can ignite the lamp of hope in those who are hopeless.

The way to be healthy is to have the nourishment of happiness.

The best nourishment for both the body and mind is the nourishment of happiness. The one who is able to be in happiness under all circumstances is truly healthy. When I have the aim to be happy, I will start finding reasons to be so. Happiness brings a lot of other qualities that help me empower myself to face challenges. So, I become stronger mentally, thereby becoming physically healthier too. Today I will be happy whatever the situations or challenges I may have to face throughout the day. Instead of finding small little reasons to be upset, let me today find small little reasons to be happy. Even when everything seems to be going wrong, there is surely something that is going right or could go right with my effort.

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.

Soul Sustenance

Fulfilling the Criteria of Positivity (Part 2)

In yesterday's message we defined positivity and negativity from a spiritual perspective. Further elaborating, negativity hides my truth, and causes me to take incorrect steps during the day, without realizing, hurting myself and others yet not knowing how or why. At the level of non-physical spiritual vibrations, we are all connected with each other, as a result of which **if I help others to come close to the experience of truth, a state in which the other is an embodiment of the virtues of peace, love, joy, purity and power** (as defined yesterday), **I will also help myself: whereas if I bring others down into a state of falsehood, the opposite, that will also bring me down.** Whenever I give another soul an experience of any of these virtues, the virtue first flows through me and then touches the other. As a result there is an increase in the virtue inside me first and then the other is benefitted.

In the entire day, my words and actions may be numbered, but my thoughts are in thousands. My mind works, even when I sleep, even though I am not active physically at that time. The quality of my thoughts at that time is largely influenced by the quality of my thoughts, words and actions during the day. So I need to be aware throughout the day as to how much is each thought, word and action of mine fulfilling the criteria of positivity i.e. bringing me and others closer to a state of truth. **The more my thoughts, words and actions do so; the result is an increase in an experience of inner and outer lightness in the self and a similar experience from me to those who come into my contact or whom I interact with.**

Message for the day

The language of silence is more powerful than the sound of words.

Expression: When something is expressed in silence, it is with the power of thoughts. Such thoughts spread positive vibrations and reach out to the others, in such a way that even the words can't. Also when such kind of positive actions are added to the positive thoughts, the desired effect of that is seen. Then the words are not needed to express good intentions and good wishes.

Experience: When I am able to express myself through the language of silence, I am able to be free from expectations for others to listen to what I am saying. I will only be silently communicating whatever I have to through my good wishes and inspiring others through my positive actions. So I am able to remain content and light, even when I have not yet seen the result of my communication.