



Apricot Tree

Generosity

Generosity can be defined in many ways but respect, kindness, benefit and accessibility are its key characteristics. Generosity is like a fruit tree in season. All its fruit is available to anyone for the picking. When I am full, complete, when I have conquered selfish needs then I can be naturally generous. My being is open to others to share the best without any obligation.

To make an appointment with the self is to increase self-esteem.

To make an appointment with someone means to spend quality time with that person. When I make an appointment with myself too, I need to make use of it fully. So, from time to time during the day, I need to go within and see the specialties that I have. I need to get back to work and interactions with the consciousness of these specialties, which will color positively all that I do. Today I will learn from the tortoise. Just as it withdraws within from time to time, so also let me take just a minute to introspect and see the specialties that I have. The more I spend such quality time with myself, I am able to increase my own state of self-respect.

The Seven Relationships With The Supreme

Every soul has a close relationship with the Supreme (God), but we simply forget it as we become over-involved in, attached to and distracted by our life on the physical plane and our different relationships with different physical beings during our journey of births and rebirths. Spirituality makes us realize the need of restoring our connection with God, which has either broken or has become loose. It also makes us realize that this connection needs to be a very deep and personal one.

God plays many roles, just as a good parent, being one, but will play many roles while bringing up his or her child. Each role consists of different spiritual characteristics and virtues of God, expressed by Him. Take a few moments to think about the main roles that God plays in our life and identify the main virtues and characteristics which He expresses e.g. in the role of Father He demonstrates the art of living to us and how to perform right *karma*. In the role of Mother He gives spiritual sustenance, in the form of virtues like peace, love and joy to us. In the role of Teacher, He showers us with true knowledge of the spirit or the soul. These are just a few examples. We suggest you do your own thinking about seven different roles that God plays: **Father, Mother, Teacher, Guide (or Guru), Companion (or Beloved), Friend, Child** and how he plays them. Once you have done this inner thinking exercise, experience each of these seven roles on each of the seven different days of the week, one role per day. Feel Him being in that role for you and then note what you feel exactly and how you relate to Him. Also identify the spiritual characteristics and virtues that it brings out from within you.

Soul Sustenance

Meditation And World Transformation (Change)

As one practices Rajyoga meditation, one can become a spiritual lighthouse for the entire universe, a medium to radiate (spread) the divine qualities and powers that one gains through the link with the Supreme Soul who is the Supreme Spiritual Energy and the ever luminous Being of Light; to all other souls, through the power of thought and pure vibrations. Physical charities are limited by time and space, and can only reach a few people at a time. The subtle (non-physical) charities of qualities can benefit all souls, even those who are physically many miles away. One can even change the five elements of nature and the spiritual atmosphere.

Slowly read over and visualize the following thoughts one by one:

I become aware of myself as a soul.....

a point of light sitting on my throne between the eyebrows.....

I picture my destination, a land of soft golden-red light.....

On the wings of thought I fly there.....

leaving the physical world behind.....

Strong currents of spiritual light and might are emanating from me in all directions.....

I watch from my sweet home the world below.....

It is full of millions of tiny star like points of awareness, my brother souls.....

I picture a meeting with the Supreme Being, a blissfully radiant (full of light) being overflowing with energy.....

Golden rays of complete purity, love and peace are flowing from the seed of the human world tree into me.....

And through me, onto the whole world.....

I am a seed of world benefit, the Lighthouse and Mighthouse.....

This flow of positive spiritual energy washes away the tensions and sorrows of all the souls.....

I feel these rays charging the atmosphere of the world with happiness, love and spiritual calm.....

The elements are being purified and returning to their original pure state.....

Remain in this experience for a few minutes. This exercise should be practiced in silence.

(To be continued tomorrow ...)

Message for the day

To take a vow means to guarantee transformation

Projection: When we decide to bring about a change in some aspect we sometimes work hard in the beginning with commitment and sincerity and slowly find our enthusiasm lessening. So we give up before we could really bring about any change.

Solution: Just as the one who takes a vow never breaks it, we too need to take the vow to transform. Whatever obstacles come our way, our special attention has to be not to break the vow. Then we will not stop when obstacles come our way.