



## Within You

Anything you keep within you will automatically reveal itself. Therefore make sure you are always full of attainments in your character. These will be revealed through your eyes, your words and your behaviour and you will be capable of having great influence on others.

## **Marrying Spiritual Practices With Actions**

Spiritual practices and life are interconnected; so are my thoughts and actions. It is not possible to separate them. **The immediate influence of any spiritual practice like meditation is on the quality of my thoughts. The quality of my thoughts is then reflected in my day-to-day actions. As the quality of my actions improves, it starts influencing my thoughts positively and the quality of my spiritual practice also starts improving.** When I really understand this, it becomes clear that the right way to live is to marry both these sides within my life - meditation and practical life, marry the process of improving the quality of my thoughts with my actions, because both are interconnected with each other.

Actions performed by being too action conscious, in a wrong, non-spiritual consciousness, have led to a monotonous and meaningless existence, an existence without permanent peace, love and joy, causing feelings of discontentment and an emptiness in many hearts. On the other hand, religious or meditation practices, which were done with the aim of bringing peace and happiness in our personal life as well as in relationships, but were performed in seclusion (by detaching or becoming aloof from society), did not achieve the desired objectives and was unable to influence life positively. This caused spirituality to become disconnected from reality.

I want my consciousness to become such that I can experience the richness of a life of actions, interactions and relationships of the world, but adorned (decorated) with the jewels of the energy and spiritual power that only meditation can provide.

## Soul Sustenance

### Fulfilling The Criteria of Positivity (Part 1)

What is the best way to define **positivity**? What, for you, is a **positive** thought, word or action? **We could define positivity as something which leads me as well as others towards to a state of truth. A state of truth for me as well as any and every soul is a state in which it is an embodiment of the virtues of peace, love, joy, purity and power i.e. a state in which these virtues exist inside the soul to the fullest extent.** As a result, in this state of truth everything that flows out of the soul or everything that it radiates or every thought, feeling, word or action that it creates, speaks or performs, is filled with these qualities. This state of truth is the original state of every soul.

All these qualities are connected with each other. One quality attracts the remaining qualities towards itself automatically. **So, when I, through any medium, bring myself and others, whom I interact with, close to this state, to whatever extent, then that is positivity.** If my thought, word or action takes me and others away from this state of truth, then that is the opposite i.e. negativity.

(To be continued tomorrow ...)

## Message for the day

### Mercy means to give courage.

**Expression:** The one who is merciful is able to give courage to the ones who are weak, because of the ability to look at the positive qualities in them. The weak ones are never made weaker with negative and discouraging talk, but are encouraged to discover and use the strengths that are hidden within. So real mercy will give the courage to the other person to change too.

**Experience:** When I have mercy on others, I will never lose hope on anyone, but will continue to have good wishes for everyone. Whatever the kind of person, even with the most negative situation, I will find my stock of good wishes to always be full. So I am able to be free from the expectation from the others to bring about a change immediately.

### The method to be easy is to be busy in the mind with right things.

If I don't keep my mind busy with the right things, it will just wander and maybe even go to those things that are harmful. The mind is like a child. I need to know the art of keeping it busy, so that it is not attracted to anything harmful. So, it is important that we keep a schedule for the mind too, just as we keep a schedule for the activities of the day. Today I will make a schedule for myself for the mind. My schedule for the mind would be that which inspires me to change my consciousness while I am doing what I am doing. I will remember one quality or specialty of mine and keep it as a background in all I do. For example, I take the thought, "I have a special role to play in the drama of life. I am a good actor using all my best qualities and abilities" It could also be a thought like, "I am contributing my sweetness (or any other value) in all I do".