



Spiritual Development

Although the path of spiritual development is a private and personal inner affair, its purpose is to transform me so I live and work in complete harmony with others – the family of humanity. Today let me balance a fast personal speed of transformation with the patience and tolerance to walk with others while transforming.

Understanding The Mechanism Of The Virtue Of Peace (Part 3)

To experience the eternal peace of the soul world, I do the simple exercise explained yesterday and then go a step further. Having created the thought about myself that I am a sparkling star-like energy at the centre of the forehead, just above the eyebrows, visualized it and as a result experienced it, now my objective is visualizing my star like form in the soul world. With this objective in mind, I now create a simple thought that I the star-like energy will make a short journey to the soul world and back. So I create simple thoughts and visualize alongside that I, the soul am leaving my physical body and flying outside. Then I, see my star like form, slowly fly past the ceiling of the room I am in and see myself suspended in the sky (night sky makes the visualization more easy). I see myself as a point of radiant light high above many many buildings and lights. This is similar to what one would see from an aeroplane window while landing or taking off. I then see my light form going higher, past the atmosphere and going past a sea of stars and a few planets and the moon. I then take this visualization further and see myself entering the soul world, a region of soft orange-red light (this is similar to how it looks like at dusk). This region is multidimensional and unlimited in size or expanse. I see my star-like form suspended in this region, radiating rays of peace in all directions. I also see other white/golden star-like souls just like me in the same region. I spend some time in this region, in this experience. In this region my thoughts stop completely and I am only visualizing.

This is the eternal peace experienced whilst visualizing the spiritual self in the soul world. The peace experienced in this exercise is greater than in the exercise mentioned yesterday. Thus the *sanskara* of peace created in the soul in this exercise is deeper. After a few minutes of this experience, I see myself descending in the physical body in exactly the same way as I flew to the soul world. **This is just a visualization exercise or experience and the soul does not actually leave the body and go anywhere.** The two practical exercises explained in yesterday's and today's message can be used to experience the two types of peace mentioned. At one time, you can choose to either experience both types or only the first one. You can start with a few minutes and increase the time gradually. **Continuous practice will create stronger *sanskaras* of peace and take you closer to your original state of peace.**

Soul Sustenance

Ruling The Kingdom Of The Mind (Part 1)

Have you ever looked inside the inner kingdom of your mind where **your thoughts, feelings and emotions are your ministers?** Is it a kingdom of law or anarchy (lawlessness)? Do you ever wonder – “Ah, I wish there would be more order and less chaos in my kingdom!” So what stops you from creating a kingdom of law and order? Is it external situations or is it your internal reactions to these situations? Just for one day, perform this little exercise, check that out of the tens of thousands of thoughts and feelings you create in a day, how many are your own creation and how many are responses to external events. If they are your own positive creation or if they are responses to events, but correct ones, then be proud that your ministers are obeying you. Do you realize that the time when these thoughts and feelings are the wrong type of reactions on your part and not your original correct creations, is the time when these ministers are wicked and disobeying you.

A kingdom where the ministers disobey the king (that is you) repeatedly, is a kingdom, the atmosphere of which is lacking in harmony, love and joy, which in our case is our mind. It is a kingdom which is not respected by its people, who work under the ministers of thoughts and feelings, **the people being your attitudes, expressions, words and actions**, who further disintegrate and go their incorrect way following the orders of their seniors – the thoughts, feelings and emotions. It is a kingdom where the king has to bow down in front of **the outsiders, the neighbours, which in this case is the external situations and other spiritual kings like me, involved in these situations.** Also, it is a kingdom which is lacking in stability and susceptible (vulnerable) to attacks by the neighbours repeatedly.

(To be continued tomorrow ...)

Message for the day

You can transform yourself when you have true realization within your heart.

Expression: When you have a problem in your relationship with someone, ask yourself if you are realizing your own mistake in it. Also check if you really understand why the other person is behaving in the way he does. When you understand this you can change yourself instead of expecting the other one to change.

Experience: Each day, remind yourself that you are confident and sure of yourself and whatever the problems may be, they are just like exam papers, which come to test you. When you do this you will have no complaint but can easily transform yourself and move ahead.

Only the One Companion

When we are in the elevated company of the One God, no bad company will influence us. Sometimes when we are working for our self-development we sometimes wish for support or understanding from others which we don't always get. We actually look for a role model, whom we could follow or who could be an inspiration for us. When we don't find anyone like that we tend to get disheartened and continue to justify ourselves for not bringing any change in ourselves. The solution lies in becoming a role model and a source of support for others instead of expecting others to do so. For this, we need to pay extra attention to the kind of company we keep. Under all circumstances, if we keep God as our companion we will not be influenced by any other company, however strong they might be. We will then be able to bring about change in ourselves.