



The Virtue of Sweetness

Just as eating and serving something sweet makes your taste buds feel sweetness, and for a while after, you remain happy, become sweet-natured yourself so that words filled with sweetness are constantly spoken. Such sweet words make both you and others happy. Use this method to always sweeten everyone's mouth; constantly maintain sweet attitude, sweet words and sweet actions.

A Message From God (Part 3)

- You thought I decide your destiny, whenever you had a problem you blamed me for it and prayed to me to correct it. Sweet children, I am your Father, can I ever give you disease, poverty, abuse, conflict and natural calamities. Everything in your world works according to the Law of *Karma*, you are only getting a return for what you have done. You are the creators of your destiny. I can give you the knowledge and power to create a wonderful destiny. But for that you need to connect to me and study the knowledge I give.

Sweet Children, your search for me now ends. All these years you could not find me because I was not in your world, I was in our home. But now, as promised to you, I have descended into your world. I have come to purify you. I have come into your world to remind you of who you are and who I am.

My lovely children, like you, I am also just a point of light. I am the Ocean of Purity, the Ocean of Love and the Ocean of Knowledge. You have called out to me by many names. I am your Father, Teacher and Guide. You children take a body and come into the cycle of birth and death, I do not take a body. I live in the soul world, a land of golden red light, land of silence and purity, which is also the home from where you all came to this world. I have come into your material world to give you knowledge, love and power.

(To be continued tomorrow ...)

To have good wishes for others is to give them the ability to transform.

I need to develop the ability to have positive feelings and good wishes to everyone, including the ones who behave or think negatively. When I do this, I am able to give them the power to transform themselves. My pure feelings become a support and a base on which they can bring about a change for the better. Today I will create good thoughts for someone I am not able to get along well with or someone who is being negative. I will go up to them and say something nice to them with these feelings of good wishes. This will enable them to get the power to bring forth their inherent goodness and work with it.

Message for the day

Introspection enables one to be free from the influence of negativity.

Expression: Introspection means the desire to be good. Introspection brings the ability to look within and see the true self in the mirror of the heart, thus enabling one to activate the inner spirituality. Then all effort made will be towards activating this inherent goodness. And slowly one finds that the behaviour associated with negative traits are no more expressed, as they begin to lose their hold.

Experience: When I am able to introspect and look within, I can find the goodness that is there within me. Because of this, I naturally am free from expectations from others that they should recognize my goodness or consider me good. Instead I find myself content with what I am and continue to bring out the best from within me. I also continue to learn from all situations and experience progress.