



Teaching with Love

Teaching others is best done with love. Once the heart has understood the mind opens.

A Taste of Eternity

To keep a constant awareness of the present moment is to befriend time, to be ever-ready for anything the next moment may bring. Time does not wait for us, so we need to be alert and keep pace with it. In silence and stillness we can step out of time, observe with detachment what has passed, what is happening and what is to come. In that moment of stillness when time is still, we can connect the consciousness of the soul with the Supreme Soul. We experience the deep satisfaction and bliss of timelessness, a moment of connection beyond time. A taste of eternity. And with this awareness, we return and step back into time and into the story to play our own part.

The Three Mirrors For Inner Beauty

"Mirror mirror on the wall, who is the fairest of them all?" are famous words. To check our external beauty or tidiness, we look into the mirror on the wall each day. But on a mental, emotional and spiritual level, what is the mirror that helps you to see if there is anything wrong with your inner face or self or to realize what is happening to you and what you have to do to maintain your inner fairness or beauty?

There are **three types of mirrors**, which one can use to see or check the internal self:

The first mirror is the mirror of spiritual knowledge - Spiritual knowledge is the knowledge related to spiritual self-development i.e. of the soul and also of the Supreme Soul. Each day, in the morning, you can look into this mirror for 5 minutes at least. **Looking into this mirror means listening to or reading a piece of spiritual knowledge for at least 5 minutes that connects you to your inner essence, increases your emotional and spiritual intelligence as well as reminds you of your true purpose.**

You will see yourself very clearly in this mirror as this mirror will show you:

- * **the knowledge of the original and ideal virtues of the soul like peace, love, bliss, purity, power, joy etc.;**

- * **how these virtues can be imbibed in the self to benefit the self and others;**

- * **the knowledge of the different types of weaknesses that can arise in the soul like anger, greed, ego, hatred, fear, attachment, jealousy, sorrow, etc.,** the roots of all which lie in mis-identification with the physical self and forgetting the spiritual self and how these weaknesses can harm the self and others;

- * **the knowledge of overcoming these weaknesses.**

All of these things which you see in the mirror will help you to check where you stand in comparison to the right code of conduct for thoughts, feelings, attitudes, emotions, words and actions, where you are going wrong and how you can make the required corrections in the same. On looking into this mirror you will be reminded of the Law of Karma (the Law of Action and Reaction), which will motivate you to make these corrections.

(To be continued tomorrow)

Soul Sustenance

Meditation - A Process Of Cleansing, Dialogue And Joining (cont.)

Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Today we take up:

Joining

We can take the third meaning of meditation from the Sanskrit word yoga. By understanding this word, we learn how to get divine cooperation, or put in another way, a certain external spiritual power that can liberate us and help us to dialogue positively with the self (explained yesterday). The word **yoga** means "**bringing together**" or "**joining again**". Joining again with what or with whom? Firstly, with our original and eternal self: the soul, and secondly, with the eternal Supreme Source of all positive power and energy; this Source helps us to recharge ourselves with energy and to

know ourselves.

At this time in the history of humanity, humans have lost the mastery and control over themselves. They do not have continual peace or a sense of purpose, happiness or fullness. The human soul needs to be recharged. **Although the soul has great potential in its inner self, it needs a source of external energy for the latent (hidden) powers and virtues to emerge**, just as occurs with seeds in nature. The seeds of plants and trees have their own source of inner energy. However, this energy cannot be released without the actions of an external energy source, in this case the energy of the sun. Through the power of sunlight, the seeds in the earth will sprout and flourish. The human body has its own energy, but needs external sources of energy on a daily basis: air, sunlight, water and food. Without these external sources, the human body would die. **The external source of power that helps the latent virtues emerge in the human being is not physical, since the human soul is not physical either. This source of power has traditionally been called God or the Supreme Being:** in fact it has been given many names.

(To be continued tomorrow....)

Message for the day

Freedom from one's own weaknesses brings stability.

Projection: Usually when we talk about freedom it is from people or from situations. We expect people or things to change for us so that we will be free. But we don't find that happening because the problem lies more within us than outside.

Solution: Every time we find ourselves caught up and expecting things to get better for us we need to check ourselves. There would surely be some weakness of ours that is making us feel helpless in that particular situation. We need to make effort to remove that weakness. Then our perception towards the situation will change and we'll feel free.