



Leave the Past

You cannot finish the book of life, without closing it's chapters. If you want to go on, then you have to leave the past as you turn the pages.

Inner Cleaning

Desires and dependencies make us into thieves. Inner cleaning, however, fills our actions with spiritual honesty, and our motives become selfless. There is a steady stream of elevated thinking. Then God is able to work through us, and our only desire is to become good, an instrument for God. Keeping ourselves in peace, love and mercy is the basis for being able to talk to God and having Him hear what we say. "Don't come into sound too much, stay in the Home, with Me". This is what He is signaling to us now. Such signals, filled with His love, endear us to Him very much.

Positive Consciousness While Performing Actions

1. The seeds, the inspirations, planted in sitting meditation should be carried into action. Powerful thoughts carried straight away into action always yield powerful results.
2. The remembrance should be that the soul is the child and student of the Supreme Being (Supreme Soul) and should reflect the father and teacher through its actions.
3. The remembrance of the Supreme Soul as a constant companion sustains an internal relationship with Him whilst performing actions.
4. Churn (think deeply) over points of spiritual knowledge by relating them to your immediate karmas (actions).
5. Practice going beyond sound in one second. At different times during the day, stop, pack up all worldly thoughts and spend a few minutes in meditation. This is a really powerful way to strengthen the intellect. After a few minutes, return to the world of sound with the reinforced awareness of being an actor.
6. Practice seeing all those who come into contact with you as souls, tiny points of conscient (living energy) light situated at the centre of the forehead. In this way we will not be pulled into body consciousness, and will avoid negative interactions with others.

Soul Sustenance

The Principle of Focus and Flow (Part 2)

With reference to the sun and the earth (explained yesterday) - in certain situations and moments we need **focus** (like the sun), that is, a concentration of **thought, will power** and **understanding**. These three need to be together in one focused point if we are to reach depth and newness. However, if we become over-focused, then rigidity and pressure gradually set in. This subsequently leads to an imbalance that makes us lose our creativity and openness to new vision. Once we have learnt to focus, then it will require less effort and, eventually, the **flow** (like the earth) will become natural.

In **focus**, we find **vision, inspiration and understanding**, and in the **flow**, we find **expression, experimentation and experience**.

It is important not to over-flow, otherwise we get lost in a flood of over-thinking, over-speaking and over-doing. In such a state, there is no direction to guide the expression and things become unclear and delicate. At such a point, we need to recognize that it is time for focus again.

According to necessity, a human being needs to move between focus and flow and it is only through the ability to discriminate, that we can know when and how to do this. Everything has its time. We are eternal beings working in time, so we need to know the balance between **focus** - where we find truth and purpose - and the **flow** of time - where we find expression and experience.

Message for the day

To have the spirit of sharing is to be constantly happy.

Expression: There are lots of resources in each one's life that can be shared with others. The more there is the consciousness of giving there is the ability to give and share these inner resources with others. New treasures are discovered and used for the benefit of all and also for the self.

Experience: There is constant satisfaction in my life when there is the spirit of giving. There are no expectations from others, but only an awareness of what I have. Life becomes more and more satisfactory and I feel richer for having given unconditionally. There are also constant good wishes that I receive from others.