



Meditation

Though the mind often asks for what is visible or material, its needs are deeper and cannot be met by anything superficial or short term. Meditation leads to a meeting point with all that is true and eternal.

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 ...)

Correction is to correct what is wrong and not to correct who is wrong.

I need to correct the mistake and not the person. When I am caught up with correcting the person, there are a lot of negative feelings. Also, no one has the power or the patience to listen to corrections. But, when I am focused on correcting the mistakes, I use others' qualities and my own qualities to better the situation. So, there are positive feelings and emotions. Today I will see what I can do to change a situation when something goes wrong. I will not worry about who was wrong, but try and focus my energies on what could be done to better the situation. Thus, I will be able to contribute in the right way.

Message for the day

An elevated consciousness brings specialty to the task being done.

Expression: As is the consciousness, so is the feeling behind the task, and therefore its quality. Just to perform action and finish the tasks at hand does not bring specialty and accuracy as much as it should. When the consciousness is special, that means before a task is performed there is a thought given both to the task and to the self, there is specialty revealed in the task.

Experience: When I am able to start each task with a special consciousness, like "I am victorious", or "I am powerful" or "this task is for the benefit of all", I am able to experience the specialty of doing the task. I am also able to increase my state of self-respect, whatever the task or however simple it maybe.