
Message for the day – August 2023

01. To know the fruit of efforts will surely come is to remain happy and healthy.

Expression:

To know that the fruit of my effort will eventually come one day is to understand the importance of making effort. Once there is this understanding, it becomes easy to continue making effort, which is like nourishment that keeps one happy. So effort is never stopped till what has to be achieved is achieved.

Experience:

Knowing that my effort will surely be fruitful makes me enjoy everything I do. It makes me remain happy, keeps me enthusiastic and free from tiredness, even when things are not going right for me. My mental happiness and well being thus keeps me healthy.

Faith:

You receive help at every step as a result of having this faith that God is yours and you belong to God.

02. The beauty of things lie in the ability to appreciate them.

Expression:

Nothing is positive or negative in itself, but the one who has the eye for positive things sees only positively even when there is negativity around. Such a person is like a swan, which separates and picks up only pearls from stones.

Experience:

When I am looking only at the positive aspects, I am able to remain happy. If I am able to appreciate everything that comes my way, even if it is visibly negative, I find nothing to be a problem, but everything becomes enjoyable for me.

Be Happy:

To be happy and to make others happy is to give blessings and receive blessings.

03. Freedom means accepting the rules of freedom.

Expression:

The one who wants freedom naturally accepts the rules that go untold. He is willing to take responsibility for all his decisions and choices. Such a person will never blame others but try to check his own mistakes.

Experience:

When I take decisions with freedom and take responsibility for them, I am able to learn from anything that goes wrong. I'll feel light and free yet with a base from where I can work. Thus I find myself experiencing constant progress.

Coordination:

Co-ordination awakens the feeling of service.

04. Speciality lies in experiencing one's fortune.

Expression:

When there is the awareness of one's fortune, there is speciality seen in every word and action, because of wanting to make the best of everything. There is also the pure desire of sharing with others, which also makes one special.

Experience:

When I have the recognition of my own fortune, and am aware of what I have, I find myself content. I have no expectations but continue to make the best use of what I already have, for my benefit and that of others. So I find myself being special and making my own fortune.

Self-Respect:

It is a subtle thing that only those who stay in self-respect will be able to give respect to others.

05. To be free from wants is to be free from waste.

Expression:

The one who is free from wants is the one who is free from expectations. When there are no expectations, there is not too much thought about what is not there or what should be there. Since the mind is free from all these kind of waste thoughts, whatever is done is the best.

Experience:

When I am free from wants or desires, I am able to always remain content. I can then appreciate and enjoy everything that comes my way, and do not expect anything both from situations and people. So the mind is free from waste thoughts and questions.

Truth:

Truth is the ultimate power. It provides long lasting happiness, contentment, peace and helps one to remain so amidst all problems.

06. To stamp every thought with the stamp of determination is to be victorious.

Expression:

When there is determination in thoughts, there is naturally the ability to give the best in spite of all the obstacles. Situations will not deter such a person from achieving what he set out to. And so there is naturally constant victory for the one who is always determined.

Experience:

When there is determination in my thoughts, I am never afraid, whatever happens. In fact obstacles only serve to strengthen determination. I never give up what I have started. It is determination that enables me to add power to my thoughts and make them practical.

Humility:

Humility is a value that is manifested through acceptance, selflessness and contentment.

07. The one who checks himself constantly is the one who experiences progress.

Expression:

The one who keeps checking himself is also able to bring about a change in himself. Such a person takes each situation as a chance to learn something new and bring about some change for the better. So there is constant improvement in his life.

Experience:

When something goes wrong, if I learn to check myself and bring about a change immediately, I will be able to experience constant progress. No situation will make me have negative feelings or make me stop, but I will be able to enjoy everything that comes my way.

Art of Giving:

In a world where all relationships have accounts of happiness and sorrow, the greatest lesson to be learnt about being happy is: "Give happiness and Take happiness, don't give sorrow and take sorrow".

08. True love brings success in relationships.

Expression:

The one who is loving, likes to be with the others. Such a person will never try to be away even from people who are not loving towards him, but will be able to change the one who is not so loving with his own love. So the one who is loving is always successful in relationships.

Experience:

Since I am a loving person, I am able to maintain this love for every person I come into contact with. Whether the other person is able to be loving or not, I find that I never lose my love because of being aware of my true nature.

Save Energy:

Speak Less, Speak Softly, Speak Sweetly and Save Energy.

09. Creating quality thoughts brings happiness and lightness.

Expression:

When there is quality thinking, thoughts are not many, but each thought is special. Quality thoughts are reflected in quality words and quality actions. They reduce tiredness and carelessness as thoughts are fewer in quantity.

Experience:

When I have good quality thoughts, I experience sweetness, happiness and self-respect. I am able to recognise my own greatness and move forward with lightness under all circumstances.

Meditation:

Meditation is a personal relationship and a conversation with God.

10. To be free from the influence of the past is to have the ability to fly forward.

Expression:

There are so many things of the past that keep coming up in the mind again and again. Instead of being like birds holding on to the branches of the past; the one who looks at the clear sky gets the inspiration to move forward. To look at the clear sky means to look at the present moment and make the best use of it.

Experience:

The ability to free myself from the negative influences of the past, enables me to have a vision of equality. I will then not be judging others on what my past experiences with them are. I also find myself experiencing the benefit of each and every moment. So I experience constant progress.

Stay Light:

The mind is an emotional carrier bearing the weight of our thoughts. If thoughts are fewer and lighter, the mind remains light.

11. The one who has faith is always victorious.

Expression:

The one who has faith, has total faith in the self and in the progress of the self. The one who has faith is always successful because he gives his best in everything he does. He is never deterred by obstacles but progresses constantly.

Experience:

When I have complete faith, I am able to experience lightness even when I am faced with my weaknesses, because I have the faith that I am progressing. I am able to learn and improve from everything that happens.

Humility:

When one has the virtue of humility, everyone bows down, since everyone bows to those who themselves bow first.

12. To be a self-sovereign is to be in control.

Expression:

The one who is a self-sovereign never finds difficulty in being in control. He doesn't have to go out of control and then bring himself back in control. The moment the order is given to the self, every thought, word and action is immediately in order.

Experience:

To be a self-sovereign means to be aware of my own specialities and work with them. When I am a self-sovereign I experience myself to be free. This is because nothing binds me but I am able to win over my weaknesses too. Thus I find myself to be in total happiness in all situations.

Vibrations:

Our thoughts become the energy field we carry around, like the perfume we use. People receive our vibrations even before they receive our words and behaviour.

13. Greatness lies in humility.

Expression:

The one who is humble is always willing to learn - from others and situations. So whatever happens a humble person never reacts to the situations, but acts positively whilst being in a stage of self-respect. So there is greatness visible in the one who is humble.

Experience:

Humility brings an experience of being full and complete. So naturally I am available for service, and have always the thought of bringing benefit to as many as possible. Humility also gives an experience of being a master, because no situation or person binds me, but I am able to experience freedom.

Donate Organs:

Life is caring and sharing. On this eternal soul journey, we move from one lifetime to another and take a new body. Why not donate organs that we cannot carry forward, and save lives?

14. To be ever ready means to guarantee success.

Expression:

The ones who are ever ready are active and so when a task comes up, they quickly understand it and attain success. They do not waste time and energy thinking too much about it. They recognize the importance of the task and involve fully in it and attain success.

Experience:

When I am ever ready I am able to be easy. Because I am easy, all tasks seem easy for me and effort put in for the success of the task also becomes easy. So I don't have to do a lot of effort but give my best. Thus I experience success every moment in all situations.

Transformation:

Self-transformation begins the process of world transformation.

15. To recognise the uniqueness of my own personality is to be free from negative influence.

Expression:

The one who is aware of one's own uniqueness is able to create a strong influence on others of his own personality. So, such a person is not negatively influenced by anyone's personality traits. Even when there is a person with a very strong personality, he is still able to be free from negative influence.

Experience:

When I am able to recognise and use the specialities that are within me, I am able to remain powerful within. In all circumstances and with all people I experience this innate power. Because I am constantly in touch with my own specialities, I am able to be light and happy.

Freedom:

Freedom is when we consciously choose our thoughts and feelings independent of anything and anyone outside.

16. Introversion brings out the positivity within.

Expression:

Every human being has an innate positive nature because of the inherent qualities of love, peace, happiness etc. that are within. Introversion, the practice of looking within, enables one to be in constant touch with oneself and one's true nature. It helps express these qualities in everything that is done. Because of having practiced for a long time with them, these qualities emerge very naturally at the time of need.

Experience:

The practice of being introverted helps me in experiencing those qualities within me, which otherwise remain hidden during difficult situations. Thus it makes me have true self-respect and enables me to finish my ego. It also gives me the power to recognise and accept my mistakes, thus giving me the courage to work on them successfully.

Love:

To have love for God is to love humanity.

17. Where there is contentment, problems finish.

Expression:

Contentment enables one to have a positive outlook towards life. So the one who is content always works towards solutions, as he is never disturbed with situations, but is always relaxed. This automatically brings the ability to contribute to others and give them the support to bring progress within them. Such a person works for his own self-progress too.

Experience:

When I am content with everything that is happening, I am able to be light in all situations. So even in the biggest difficulty, I am never caught up with the problem, but am always thinking of the solution. My mind is busy with finding the solution, so internally I remain unaffected with the problem.

Relationship:

The key to healthy relationships is in obeying our consciousness and not doing anything against it.

18. The one who works to remove the sorrow of others is the one who is loved by all.

Expression:

When there is the one aim of helping to remove the sorrow of others, there will be nothing negative while dealing with others. There will also be no expectations from others. Working with the natural desire to bring benefit to as many as possible, enables one to continue to contribute to whatever extent possible.

Experience:

When I am able to have this one desire of helping others be happier, I am able to make a contribution for others' happiness and progress. I then find that others naturally appreciate my selfless contribution and their good wishes help me feel light and experience progress.

Enjoy:

Remember to enjoy the journey of life. Life will bring scenes that are positive and negative, and neither of them stays forever. Even in a negative situation we can be free from anxiety and worry, knowing that it shall pass.

19. Honesty brings success in relationships.

Expression:

Honesty means being the same inside out. Honesty with oneself helps one to bring about constant improvement in the self. Honesty with others enables one to relate positively under all circumstances. There is no rudeness but there is an openness that brings about love towards the other person.

Experience:

When I am honest, I am able to experience progress in my own life and others are benefited too with my own self-progress. I am able to maintain harmony in my relationship with others because I am open with them and I find myself successful in my relationships.

Being Fortunate:

Fortunate souls are those who receive blessings from the hearts of all souls on the basis of truth.

20. To be a giver means to give according to need.

Expression:

The one who is a giver would be sensitive to the needs of others and will be able to give what the other person needs at the right time, instead of giving what he wants to give. Also such a person is able to give without expecting anything in return.

Experience:

When there is even a little thought to share with others whatever I have, I would naturally be able to perceive my own inner treasures and experience being full. Sharing with others, whatever I can, enables me to get their good wishes also. I thus find myself experiencing the richness of life.

Choice:

People's behaviour towards us is an external force and not in our control. The thoughts we create in response to that is an internal energy, which is completely our choice.

21. The biggest treasure of all is the treasure of experience.

Expression:

The one who has the treasure of experience is able to bring benefit to others. He is clear in thinking and accurate in judgement. So he is naturally able to give directions or corrections based on his own experiences and is also successful in it. Also there is equality in what he talks and does.

Experience:

To be an embodiment of experience means to learn from everything that happens. So when I am able to become an embodiment of experience, I am able to feel mastery over every situation that comes my way. The power of my experience enables me to move lightly through all situations.

Thinking:

Think positive about yourself, people and situations. Don't be critical or judgmental.

22. To transform the self means to receive blessings.

Expression:

The one who brings about transformation in the self learning from all situations, attains victory constantly. He will naturally be able to take the learning from all situations and move on inspite of negative situations. He is also successful in his relationship with others, as he knows to mould himself.

Experience:

When I am able to bring about transformation in myself according to time, without just expecting others to change, I am able to get the love and good wishes of all. Because of the ability to mould myself, my thoughts too would be easy and light.

Optimism:

Optimism is the key to a better future. And we always have a choice to be optimistic.

23. The power of stability enables to cross over all obstacles.

Expression:

The one who is stable is not influenced by one's own old habits and tendencies to react, but is able to think and act properly under all circumstances. The power of stability brings forth the best decisions in the most difficult times, brings solutions and helps in lessening the impact of the obstacle itself.

Experience:

When I am stable on the seat of a master, I am able to be free from the influence of my own old habits, those that are of weakness. Instead I am able to transform old habits into new ones, making them into those of power. Learning to be stable in the most difficult situations, enables me to cross over all obstacles very easily.

Remain Stable:

Stability is love of equanimity in the midst of adventure. When we master the art of remaining stable even in the most negative situations, we learn to use the treasures hidden within us.

24. Let there be a positive record of always talking with regard.

Expression:

When I have regard for others, there are good wishes expressed through my words. Such words are totally free from the slightest bit of negativity and bring a very positive result. When words are positive, they are few but essenceful. So they have a lot of impact on others.

Experience:

When I have regard for others, I will be able to keep myself free from negative and waste words. So I'll naturally find every word of mine being used in a positive and powerful way. So I find only accumulation and no waste through my words. My energy is saved and others too would have only good wishes for me.

Compassion:

Compassion generates love, kindness and support without boundaries; it is something to be felt and experienced individually.

25. To be a judge of the self means to be free from judging others.

Expression:

The one who becomes the judge of the self and not that of others, is free from criticising others unnecessarily. Such a person also does not plead his own case by giving excuses and proving himself right. So he is able to bring about a positive change in himself and others are able to take inspiration from the change that he brings in his own life.

Experience:

When I am free from giving excuses and reasons for things going wrong, specially to myself, I am able to experience progress in my life. For everything that happens, instead of blaming others I am able to take some new learning and use it for my own self-progress. I am able to remain light because I have no expectations from others, but am able to bring about a change in them through my actions.

Appreciation:

The magic of appreciation can turn negative thoughts into positive. Being appreciative of any given thing simply adds to the quality of the life.

26. Victory is guaranteed to the ones who are constantly loving.

Expression:

The ones who are loving are able to involve others in everything they do with their love. So whatever the task maybe, they find it to be very easy and are able to accomplish the biggest task with ease. Also each task done by them is with love and so everything is done with lightness and so victory is guaranteed.

Experience:

When I am loving and do everything with love, I constantly experience lightness, based on the blessings from others. I am carefree as there is no heaviness of the task to be performed. Love transforms labour into entertainment. My internal lightness enables me to do the biggest task with great ease, involving everyone with love.

Flexible:

With flexibility you are willing to change in thoughts, words and deeds.

27. To sow the seeds of pure feelings constantly is to experience positive fruit.

Expression:

When one's feelings are constantly positive and pure, there is no expectation of the fruit to emerge immediately. Even if others are not able to respond to the positivity or if situations are not according to my expectations, there is still the feeling of giving. So there is this positivity expressed through the vibrations spread around and in every word and action.

Experience:

The more I am able to have pure feelings for those around me, the more is the positivity that emerges from within. Because of having discovered the positivity within, I am able to give unconditionally. So I experience the immediate fruit of what I have given and also accumulate for the future, and continue to enjoy multifold fruit of what I give.

Appreciate:

Cultivating the ability to appreciate our surroundings can enhance our mood and help us to maintain a positive attitude.

28. The ones who work towards perfection naturally inspire perfection in others.

Expression:

All life's situations are lessons for bringing about progress, for the one who is committed towards perfection. Such a person never expects others to be perfect, knowing that every human being has his own weaknesses. He is instead able to accommodate others' weaknesses. He only inspires others to bring about transformation and work towards perfection.

Experience:

When I am constantly working towards bringing perfection within myself, I am able to take everything that happens to me in a positive way, as a chance for bringing about self-progress. Also I am able to keep myself positive seeing only the goodness in the other individual and encouraging it. So I am able to enjoy each moment of my life.

Safety:

Detachment is a great virtue, it is to remain stable, create our feelings independent of others emotions. It brings emotional safety.

29. The one who is detached enjoys all facilities and yet is not dependent.

Expression:

For the ones who are detached, the facilities available are a medium for attaining something. They make the best use of each and everything available, for their benefit and the benefit of others. Yet they don't stop because of lack of facilities because they are able to find a way even if there is nothing available.

Experience:

When I am detached, my internal stage is beyond fluctuation. I am able to enjoy each and every thing that comes my way and be light constantly. Also it enables me to be free of dependency. So I am able to make use of all facilities, and yet be free from negative feelings when I am deprived of them.

Compassion:

Compassion is a skill that needs to be learnt and practiced. It's a choice we make that love is more important than comfort.

30. Mercy means to give courage.

Expression:

The one who is merciful is able to give courage to the ones who are weak, because of the ability to look at the positive qualities in them. The weak ones are never made weaker with negative and discouraging talk, but are encouraged to discover and use the strengths that are hidden within. So real mercy will give the courage to the other person to change too.

Experience:

When I have mercy on others, I will never lose hope on anyone, but will continue to have good wishes for everyone. Whatever the kind of person, even with the most negative situation, I will find my stock of good wishes to always be full. So I am able to be free from the expectation from the others to bring about a change immediately.

Balance:

Equanimity means to maintain inner balance in the face of success and failure, riches and impoverishment, praise and blame.