

# SPIRITUAL DIARY

A Key to Inner Peace

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compiled by Narayani



My Prayer for you

May you walk in the Light of God,  
May you walk with God,  
With your hand in His,  
With the whole of you in His palm,  
Live in God - Love in God - Serve God in all beings  
May that Supreme Being dwell in your eyes and in your heart,  
Seeing His own Self in all.

May that peace that passeth all understanding dwell in your heart;  
May it radiate from every pore of your skin,  
Bathing everyone who comes within the circle of your aura,  
With that inexpressible peace.  
May harmony radiate from you,  
Dispelling the darkness of disharmony wherever it is found.  
May bliss radiate from you, dispelling the gloom of suffering,

Assert every moment of your life  
I am the immortal Self.  
I am not the body.  
I am not this finite, limited mind.  
I am the immortal Self.

May God bless you.

January 1

Faith and His Grace

One has to have firm faith in God's Grace and the goodness of humanity.

This faith is the definite experience of His Grace.

Faith, by hearsay, evaporates.

January 2

Mind your own business

If we refrain from expecting a certain pattern of behavior - we should not be shocked by its absence!

What they do is their business - what you do is yours!

January 3

Mirror

It is our relation to our fellow beings that reveals to us the state of our inner being, and how transparent or opaque our own ego is!

January 4

Being-Doing

It is a pleasure to be alive and one is certain one is alive only by functioning.

And that is all I do.

January 5

To Suffer is to Grow

It seems to me that one should not only enjoy happiness but undergo some unhappy or painful experiences, too, otherwise the personality remains incomplete.

January 6

The Inner Guru

In Guru - disciple relationship - the more one is able to feel and realise the Guru's presence within oneself, the more secure and safe one is.

January 7

All Are One

Even though we do seek one another's company externally and physically, we are really and truly within one another  
That is what makes it so effective.

January 8

Watch that Mind

A calm mind is virtue.

An unclean mind, no matter how holy a person may look, is the source of all evil.

January 9

Service in Love

Karma Yoga is dealing with people and still preserving our inner harmony, harmonising our relationship with one another.

January 10

To go Beyond

We have to find out what thought is.

In order to do this we have to get into a higher plane of consciousness - in other words, meditate.

January 11

Meditation

Meditation cannot be done for half an hour a day.

If it is meaningful and real - then your whole life will be meditation.

January 12

Virtue is Within

We have too long and too morbidly indulged in "Thou shalt; Thou shalt not".

Virtue cannot be imposed from outside.

January 13

Know Thyself

When Yoga speaks of virtue, it merely suggests that you should look at your own life - become aware of what you are.

January 14

Break the Barriers

If one learns to look at the Truth, and realizes that we are all human beings, the idea of nationality seems childish and foolish.

January 15

Keep Relationships Alive

Anything taken for granted, including domestic relationships, is dead.

January 16

Are You a Fossil?

If I am sure that I am "Rooted in my Culture" - that all my thoughts and deeds spring up from this root, then it is most probably fossilised.

Re-examine your cultural Roots.

January 17

Live Your Religion

Is 'talking religion' religion? No.

Do I live up to it?

The very things Christ warned us against we are doing all over again.

January 18

Unattach that Attachment

Attachment to family, nationality, religion and creed can be disastrous.

It limits the free soul.

It imprisons the tree soul.

It creates a shell - Shell is Hell.

January 19

Liberation

Attachment - when directed towards spiritual personalities, saints, incarnations of God - that attachment becomes a liberating force.

January 20

Detach and Attach to God

You cannot detach anything, unless you attach it to something else.  
The human mind and heart cannot live in a vacuum.

January 21

Flow toward the Divine

I can stop loving earthly things only when that love, that heart,  
begins to flow towards something else, something sublime and  
divine.

January 22

Only You Can do it

This inner light cannot be illumined by anyone else.  
I have to see it myself.

January 23

Seek and You Will Find

Find the truth - find the inner fight - whilst still living in the body.

January 24

Have You Turned Away?

When the part of the globe revolving on its axis turns away from the  
sun, there is darkness.

This is the greatest message - I am in darkness, not because the light  
has gone, but because I have turned away.

January 25

A simple devotee

The Lord, when the bhakta surrenders himself, ensures that he does  
not go away from Him.

The Lord is extremely fond of the simple devotee.

January 26

You Are The Light

The inner light is there.

It always has been there - it will never, never disappear.

But I must turn towards it.

This turning towards the inner light is Yoga.

January 27

"I" Am In The Way

What stands between me and God? Me!

Until that "me" or "mine" goes, there is no salvation and no possibility of happiness - or peace. Nothing.

January 28

Think On This Thought

Whatever or whoever we have touched with our hands, we have wanted to possess.

This is the source of misery.

January 29

Throw Out The "I"

Our life will continue to be mess, full of unhappiness, full of sorrow - until we learn how to get rid of this "I", "My", "Mineness".

January 30

At-One-ment

If you are integrated, every moment of your life is divine.

Every moment of your life is meditation.

No form of atonement is effective until at-one-ment is experienced.

January 31

We are never alone

God never abandons us.

How can He? He dwells in us.

February 1

Atheist

It does not matter at all if someone feels that God does not exist. What is worse is to say with our lips "God exists", and to deny Him in our actions.

February 2

See Yourself.

It is not how much or what kind of sadhana you do that is important.

But are you aware of your daily life and what you are doing with it? That is important.

February 3

Watch Carefully.

In addition to a burst of anger, please watch for the little ripples of irritability.

They are the source of mental disturbance.

February 4

Channel Your Mind.

It is important that the mind is flowing in the right direction, or else it will flow in another direction.

Hence we need the work itself and the people we are privileged to serve.

February 5

See God in all.

We should love all, perceiving the Light of God shining in all faces. It is only then that we are truly human beings, eligible to evolve to Godhead.

February 6

His Light Within.

Whatever be our occupation or temperament, birth or faith, this should be our goal - see God's light shining in all.

Let us never forget that for one minute.

February 7

He Is Free - You Are Free.

Even if a person calls you a fool - perhaps he has the right to his own opinion - so why be angry?

February 8

Throw Out The Past.

Do not waste time on regret and worrying about what would have been - look ahead and act.

February 9

The Wall Between God And Me.

The greatest of all insurmountable obstacles is one's own ego, isn't it?

Sadhana stands bewildered before this dreadful steel wall.

Grace breaks it.

February 10

All is God's Grace.

The wall of ego cannot be scaled because its height and depth cannot be seen; and it cannot be broken - ego cannot break ego.

Here is where God's Grace comes in.

February 11

To Be Aware.

In continual awareness there is no falling back at all.

If the awareness shows up previous defects coming up, even then this is success only.

February 12

Let It Be.

Emotional problems have a natural way of solving themselves, if nothing is done about them.

It is like the heat of the midday sun - as the day gets older, coolness sets in.

February 13

Broaden Your Vision.

A pencil held directly in front of the nose looks taller than yonder mountain.

Narrowness of vision - either in time or in space causes sorrow or magnifies it.

February 14

Go within - To Him.

When the heart is able to break its narrowness and when it thus communes with the Indwelling Omnipresence, sorrow is overcome.

February 15

Obstacles? Never!

An obstacle can be a challenge and a direction from God.

Find out if it is one to be abandoned or stepped over.

February 16

Stepping Stones.

Accept the inevitable - treat your failures as stepping stones to success.

February 17

Keep right on.

Do not fight the inevitable - but keep fighting and you will win through.

February 18

No Expectations.

In all things submit to the Will of God - which means not to expect anything to happen.

This is true wisdom.

February 19

A Grain Of Mustard Seed.

Spiritual food gathered from the Guru must become part of you.

Complete meaningful faith in the teaching of the Guru is essential.

February 20

Break That Shell.

Our vision is limited - we judge only from this limited vision.

We are unable to take a cosmic view - widen your vision!

February 21

The Veil - Evil - of Ignorance.

The enlightened intelligence will not perceive evil.

Evil exists only in the unenlightened intelligence.

Take a good look at 'your' intellect.

February 22

"Do" - in Him,

You have the right to 'do', but not to what you will 'have'.

This is God's business.

February 23

Be Silent In Him.

When you do not have to talk- do not let the mind wonder in the mire.

Think of God.

February 24

The Beloved Child.

Never lose sight of one truth: "God loves you".

No matter how many sins you have committed - He loves you in exactly the same way as He loves me.

February 25

Unchanging Reality.

God is undisturbed - nothing changes Him.

His power is Love - that is unchangeable always.

February 26

Change Your Attitude.

It is not God's wrath and punishment but your own mismanagement of circumstances which has brought you your suffering - only 'you' can change that.

February 27

Conscious Awareness.

Unless you turn your mind toward Him and consciously keep it there, you will still mismanage your affairs and bring about unhappiness in your life.

February 28

Put Your Hand In His.

God loves you.

He, only asks that you stand facing Him always and take His hand, which is outstretched, and let Him - manifestation of Love and Light - guide you.

February 29

Complete Surrender.

To find God - to make Him an integral part of your daily life - it must be a giving of your whole being.

March 1

At His Feet.

Wherever you are - you are at the feet of the Lord and can serve Him to the best of your ability and opportunity.

March 2

Know That He Is.

In truth only God exists.

He is all in All. He is the All.

When the heart knows this - then you will see God in all.

March 3

Lose Yourself.

You cannot see God unless you are completely naked, freed of all psychological conditioning, prejudices and preconceptions.

March 4

Become as a little Child.

It is what we already know that prevents us from learning.

We need a total emptying of the mind.

What is left is truth.

March 5

Go Within And Find.

Intense awareness reveals firstly the contents of the mind and secondly the stuff of the mind.

March 6

Never-Ending.

"I have come to the conclusion" - means that you are dead.

March 7

Are 'You' Awake?

We can learn anything from anybody.

The whole universe is a scripture if we are awake.

March 8

Cancel the 'I'.

Whatever problem you have - it is all "me".

The only thing that stands between God and you is "me".

March 9

Who Makes The Problem?

Death is no problem - it is life that is a problem.

Death is inevitable.

If someone kills me, it is like giving me a lift!

March 10

God is Love.

I fall in love - why not rise in love?

Love happens when the "I" is absent.

March 11

Self - Discovery.

Self - Discovery is Yoga - it leads man to the truth.

That is - you and I are one.

March 12

Beware.

Self-watching is important, but self-watching in relationship is more important.

It is in relationship to others that we begin to see our own natures.

March 13

Do You Respond?

Why must I respond at all if he calls me a fool - unless, of course, I am one?

March 14

Expect Without Expecting.

The essence of Yoga is supreme wakefulness, supreme vigilance, supreme alertness - expectancy without expectation.

March 15

Look Within.

You are your own saviour - you are your own devil

Do not look elsewhere.

March 16

Lose Your Mind.

When you set about rejecting authority - the first authority you should reject is your own mind.

March 17

Dark Night and Dawn.

We all need His Guiding Light - it is there all the time.

It is we who in foolishness turn our face away, and yet such moments lend meaning and value to life when we look again at the light.

March 18

Do Not Worry.

We all have our little or big difficulties.

Getting worried about getting rid of a bad habit gives it a value which it does not possess.

March 19

Surrender For Freedom.

Total freedom exists only within oneself and it is very expensive - sometimes one has to surrender all other freedom to enjoy that inner freedom.

March 20

What Is Prayer?

When the heart is linked to God.

When you realize He is the boss of the whole show.

When you see someone unhappy, suffering - what happens in your heart is prayer.

March 21

Just Be.

There should be no acceptance or rejection - just a state of being.

Just this Inner Awareness, the Inner Light that illumines all Life.

March 22

Not Doing but Being.

'I am neutral - what shall I do?' - is absurd.

If you are neutral, this quality will fill your whole being, you will know what to do.

Be neutral - not do neutral.

March 23

Love Is - God Is.

Love does not need to be proved.

When affection, neutrality, freedom have to be proved - love is absent.

March 24

The Perfect Jewel.

A spiritual aspirant is like a diamond.

The diamond is what remains after repeated crushing, smashing and washing of all that is useless.

March 25

Ripen With Surrender.

Most of us are full but not yet ripe.

An unripe aspirant needs careful handling.

There is the need for a Guru.

March 26

Remove The Blinkers.

We need to awaken and have our eyes open

Going to get instruction from the Guru without being awake and alert is useless.

If one is blind - standing in the sun will be of no avail.

March 27

Keep Awake And Watch

One who sleeps is neither disciple nor a man.

To be a man one must be awake, observe life, correct what is wrong within and inquire what life is.

March 28

The Need Is Urgent.

Must you slumber still?

To be a Christian is to be Christ-like.

This is the most urgent need of the hour.

March 29

The Cry of the God Man.

"Oh Lord! When will man, made in your image, become a human being?

Their lips utter your name their actions deny You."

March 30

Love And Be Happy.

Happiness is what one feels when one gives out love where there is no love - there is no happiness.

March 31

Only a Child Can Enter.

The God within our own temple is Glorious.

He is Peace - He is Bliss - He is Eternal - Immortal Life of our life.

To realize Him we must "Become as a little child".

April 1

Be part an Apart

One must be careful so as to be able to be in constant contact with others and yet be in control.

April 2

Answer the Question.

I see that I am calm, peaceful, without jealousy - very good.

But can I live in relation with others all the time and yet be inwardly watchful always?

April 3

Fuse The Wires.

Karma Yoga is to work in relationship all the time.

Observation and relationship - when these two are fused, you have dissolved all problems.

April 4

Devotion To Him.

Bhakti enables one to develop the inner vision, and in the light of this inner vision you will see the problems and their solutions, too.

April 5

You are the Key.

In yoga you may help, serve, and to be with one another, but nothing will save you but yourself.

April 6

A State Of Being.

I must find my place in the whole - realize my place in the whole and 'be'.

This being is not out of it but in it.

April 7

Harmonize To Realize.

We must harmonize our thinking, our inner conscience, our outer life.

If we do not aim at integration, we will get fragmentation.

April 8

Lose the "I" through the "I".

I must remove the ignorance that makes me function at present as an egoistical person.

Remove it through right understanding.

No one can do it for me.

April 9

The Pathway To God.

Everyone needs to love and be loved.

The expression of love is highly encouraging on the human level.

On the spiritual level it is God - and its expression brings us closer to Him.

April 10

The Silent Ones.

Only the weak fight.

The strong rest on their strength and have no need to prove either to themselves or to others that they are strong.

April 11

Be A Witness and See.

Whilst living in the world, 'see' you are part of it.

The thing that 'sees' is the witness.

If that seeing is not there, you may really become part of it all and get lost.

April 12

Do Your Best.

Failing is failing to reach the goal one has set for oneself.

Setting a goal for oneself is already failure.

Do your best sincerely - this is success.

April 13

Serve With Love - That Is All.

Is it possible for us to determine the life of others?

Are we in charge of their destiny?

Serve - that is all - with all your heart and soul - serve.

April 14

Be Neither Judge Nor Jury.

Look at the world around you and life as it goes on, without condemning or justifying - without judging, and you may then "see" the messages of the great ones.

April 15

No God - No Meaning.

Let man turn to God - then will his life acquire value, purpose and meaning.

If God is absent - there is no meaning.

April 16

The Guide And Governor.

Live in the world, expressing yourself fully, but let religion guide and govern your life.

April 17

Find The Truth Within.

Without understanding ourselves, we have been foolishly trying to understand others.

Hence, from error to error, we have been stumbling, clinging to the error as the truth.

April 18

Look Within And See.

In order to be able to understand something else, we must first understand our own selves - for the objects of this world have value only in relation to our own selves.

April 19

All paths lead to God.

True religion binds all paths together for human-weal, ignores disharmony, by revealing the goal which we can all reach - you via your religion, me via mine.

April 20

The Cross.

The horizontal bar of the cross asks man to love his neighbour, and the vertical one to love God with all his being.

By linking the two, the cross demands that these be done simultaneously.

April 21

Find The Self.

Once the self is understood, then the world is seen in its correct perspective.

Man then tends neither to over-estimate it nor under-estimate it.

April 22

A String Of Pearls.

Yoga unites and binds us together with a cord of love, promoting harmony and peace - for God is Love.

April 23

Possession.

The soul yoked to God is possessed and led by His Love.

He who professes to love God can inevitably not be able to despise any man.

April 24

Grow Up.

So long as the problem is outside, so long as one tends to blame others for what happens to one, one is not mature enough to undertake meditation.

April 25

In Tune with the Infinite.

We must learn to curb egoism, annihilate selfishness and control the mind and senses, so that they function in tune with God.

April 26

To Yoke Is To Join.

Our whole being should be yoked to the Omnipresent God - our personality integrated in thought, word and deed.

April 27

To Exist Or To live - Choose.

The normal man in the modern world is content to merely exist - he hardly ever lives.

He lives in darkness - unaware of God's Omniscient power.

April 28

Search, Knock - He Will Open.

Life has a great purpose.

It is to find God who is Supreme Bliss - find Him and know Him.

April 29

Seek and Ye Shall Find.

No living being is satisfied with merely living - so all seek happiness.

If we analyse our actions, we will see we are geared to find it.

This is the goal of life.

April 30

Within You Is Hidden God.

Happiness is within you, in your own self.

You fail to get it only because you are searching for it where it does not exist.

May 1

Above - Below - Why Not Within?

Man has scaled the peaks - delved deep into the earth and found gold - been to the moon, and still does not know what is within himself.

Within him is God - the goal of his quest.

May 2

Be Deliberate - Determined.

Through deliberate turning away from worldly pleasures and by practice of meditation does the seeker after Truth enter the Inner Realm of consciousness with full awareness.

May 3

Look Within and Listen.

We must turn our gaze away from the objects of the world for a little while, till we are able to adjust our inner vision and look at the world through the eyes of God.

May 4

See Through the Mists.

Do not run away from the world, but look through and perceive God who is the reality underlying the world.

May 5

Be still and Know.

Glitter hides the metal - the glare hides the sun - waves hide the pearl on the bottom of the lake.

Restlessness hides the fountain of bliss within ourselves.

May 6

Sleep And See.

Sleep gives us the clue to the great truth that supreme happiness is within us and teaches us two vital laws:

(1) to forget the world,

(2) to forget the little self.

May 7

Just Three Rules.

We must do three things:

- (1) Prevent tension building up by awareness;
- (2) prevent the mind seeking satisfaction outside the self;
- (3) train the self to rest in the self all the time, enjoying perpetual happiness.

May 8

Ideal living.

We must aim to reach that state whereby the intellect is in a contemplative mood, whilst the body and mind are intensely engaged in activity.

This is selfless service.

May 9

Serve All - Love All.

If we constantly think of and work for the welfare of all beings, we shall derive the same happiness that we have during sleep.

May 10

Have Compassion.

The solution to happiness lies in rejoicing in the happiness of others and understanding the magnitude of human suffering.

In both cases we forget the little self.

May 11

Limitless Happiness.

In learning to rejoice in the happiness of others, there is no limit to our happiness.

Our sorrows pale into insignificance.

May 12

Forget The "I" And Serve.

Serve - serve all - serve selflessly.

Serve self - forgetfully and self-sacrificingly.

This is the first principle of divine life - of Yoga.

May 13

Live For The Goal.

The human being does not merely wish to live, exist and procreate, but to aspire for something nobler.

That nobler mission is to serve all and to do good to all.

This is our duty and privilege.

May 14

The Inner Bhav.

Scrutinize your inner motives, thoughts and feelings, for God looks to our motives more than to our spectacular deeds.

May 15

Non-Attachment.

The wise man should do unattached what the ignorant man does with attachment.

May 16

It is He who Makes us Tick.

We derive the power, the capacity to serve or to work, from God, who dwells within us.

This knowledge keeps us away from the pitfall of egoism.

May 17

Focus only on Him.

We have to serve with intense zeal and yet remain unattached.

We have to feel that the Lord is working through us and yet be humble.

We have to see the Lord in all and yet sympathise with them.

May 18

God is in the Sick and the Suffering.

You worship the Lord in the Shrine - there you feel His divine presence near you.

When you serve the sick and the poor, you should experience the same thrill and inner feeling of His Presence in you.

May 19

Be Content in Faith.

We must have full faith in God's goodness.

We must learn to adapt, adjust, accommodate to whatever God gives us, in whatever condition or surrounding He places us.

May 20

Man or Animal?

Man is made in His image and yet behaves like an animal.

The heavens and the earth are held together by God's Love.

But man tears his heart away from his neighbour and nurtures hatred in his heart.

May 21

Which do you choose?

These two forces operate in each one of us - the divine and the diabolical.

We have been given the free will to choose between the two.

May 22

Grow in God and Shine.

When we adopt the diabolical force, we forfeit the gift of this precious human birth, and suffer.

When we grow in our divine nature, we shine as the lustrous images of God.

May 23

Grow in Love to Peace and Joy.

Love is divine - God is Love - God is Peace - God is Bliss.

If we wish to enjoy this Peace and this Bliss we should grow in love.

May 24

Purify Your Heart.

When the needle is rusty, the magnet does not attract it.

When our heart is impure with undivine thoughts and emotions, it cannot approach God.

May 25

Love - Love - Love.

God has given man free will to shape his own destiny.

We should choose the path of Love.

Love should govern our thoughts, words and deeds.

May 26

Stretch Your Heart With Love.

God is the Cosmic Being.

He cannot be enthroned in a heart which has shrunk through selfishness.

May 27

Become Selfless - Become Love.

When His love is cultivated in our heart, it will naturally express itself through selfless service and charity.

These will become part and parcel of your nature.

May 28

Grow Toward God in Service.

We have to cultivate the spirit of service.

We have to expand our heart.

We should grow in love.

Our heart should expand to Cosmic dimensions.

May 29

Let "I" Die.

When the little "I", the selfish ego, dies, you will be God Himself - full of love and compassion for all beings.

That is the goal of this human birth.

May 30

"The Eye of the Beholder".

We find outside what we, within ourselves want to find.

If we are good, we will find good, nay God, in "evil".

If we are evil, then we shall find fault even in God.

May 31

It is up to Me.

Somehow I must begin to realise that my salvation or damnation depends on myself, none else.

I must want to discover myself - and then no one can stop me.

June 1

Last Ye should be Judged.

If you are annoyed because your friend told you a lie - your friend is guilty of falsehood and you of anger.

Do no judge.

June 2

Expecting is not Selflessness.

To ask "How will God reward us for selfless service?" is absurd.

Selfless service is our expression of gratitude to Him for giving us this human birth and its manifold blessings.

June 3

Delve Deep Within.

Motives are usually hidden deep within the subconscious - it is difficult to detect them.

We should endeavour constantly to dive deep within ourselves and plant the right outlook upon life there.

June 4

Togetherness.

Let us never forget that we form the one body of God - inseparably united in Him - we are all one.

In His love we are all united.

June 5

Selfishness is Miserableness.

We are unhappy, not because someone is making us miserable, but because our heart has become so narrow that we want only our own happiness.

June 6

Hasten Your Steps.

To become divine is our goal.

We shall all reach that goal one day, some day - but with God-given intelligence we can hasten our progress to this goal.

June 7

See Him Everywhere.

True unselfishness is not possible unless we recognise the hidden God in all.

We cannot love one another truly unless we recognise this fact.

June 8

Balance Your Balance.

We should never forget the idea of integral perfection which alone is truly what perfection means.

Lopsided development of personality does not lead to the goal.

June 9

Feel Him Within.

If there is God at heart, His love must flow into and through our limbs.

If there is knowledge of God, it must compel us to love Him, too.

June 10

The Middle Path.

One has to be extremely cautious in dealing with the mischievous mind.

It loves to drag us to the extremes - away from the Light of God that floods the middle path.

June 11

Each to His Own.

Walk your own path, granting others the right to pursue their own, and understanding that the Cosmic religion is your own.

The spirit of all religions is universal.

June 12

Action Speaks Louder.

We know a lot but do little.

Idle knowledge is more dangerous than ignorance, for it adds to our vanity.

If we know a little and put 'that' into practice, we shall liberate ourselves.

June 13

Be Bold.

Look before you leap, but for God's sake - leap.

Even our self analysis and its resultant estimation are validated only by their application in practice.

June 14

Insincerity.

Only the insincere man grumbles.

When a man begins a conversation by narrating the difficulties, you can at once point your finger to the real cause - insincerity.

June 15

Sincerity.

If we are sincere and earnest, the path is smooth.

But sincerity itself is only the inner expression of the correct scale of values.

We shall be sincerely devoted to only that which we value.

June 16

Anything is possible.

If you value something, you will want to do it and love doing it.

If you do not value it, your mind will magnify all the difficulties involved.

June 17

Change your course.

We live in a fools' paradise, guided by our animal instincts, with our scale of value in favour of fleeting sense-pleasures.

When there is an change of heart, life itself will become divine.

June 18

He Is God.

To the Yogi who has arrived at the sublime state of consciousness, all life is sacred, all life is divine.

He lives in God, for God, as God.

June 19

The Criterion.

It is the spirit in which the action is done that matters - not the action itself.

June 20

All is in Him.

It is He that is good in us.

It is He that does good through us.

No special reward is necessary.

If there is any reward - it belongs to Him!

June 21

Surrender to Him.

God's will alone prevails.

We are able to live, to love and serve by His Will and Power only.

Surrender that little will and merge it in His.

June 22

What is Humility?

Only he who has clearly grasped this spirit of God and lives 'in' that spirit, is, or can be truly humble.

June 23

A Complete Life.

The karma yogi lives in two worlds at the same time.

He works in the external world but never loses sight of the inner world.

June 24

The Instrument - The Read.

The karma yogi serves humanity but is ever-conscious that he is serving God, ever-conscious that his body and mind are but instruments in the hands of God.

June 25

Banish Vanity.

All our evils spring from vanity.

It confuses the distinction between Right and Wrong.

Once it is removed - right action becomes spontaneous.

June 26

To Understand All is to Forgive All.

Whatever our concept of God, unless and until we truly understand our relationship with the world, we cannot know how to adjust ourselves with what is around us.

June 27

Asking Nothing in Return.

We should never expect any reward for the service we render, because we are - or should be, expressing our love for God in selfless service for His sake.

June 28

No "I" - But You.

As instruments in the hands of God, let us never let the thought enter our minds that it is we who have brought any good or happiness to anyone in this world.

June 29

The Hurry and Scurry of Life.

Man sacrifices his peace of mind at the altar of the mad hurry - in which he runs to snatch an elusive object in the world - the presumed source of pleasure.

June 30

Pearls on a Thread.

Work is delightful - if it is done in the right spirit.

What is the Right Spirit?

It is understanding the fundamental unity of mankind - the same life-force throbbing in all hearts.

July 1

Day to Day Living.

The spirit of service - karma yoga - has today been sunk into the deep sea of materialism.

Let us salvage the spirit and apply it to our daily life.

July 2

Let "I" Die to Live.

The ego - our little self - is that which we in ignorance believe to be our own self.

When this self dies, then the Cosmic Self reveals Itself from within us.

July 3

The Destroyers of Sin.

Sacrifice and charity destroy self-centredness and selfishness.

We are then ever open to the reception of Divine Light and to its rediffusion to all.

July 4

Love is God.

Love should be pure and divine - that is, it should be directed not to the human being in the neighbour but to the deeper Inner Reality - God.

July 5

Limbs of Love.

Love of God must flow through our limbs as love of Man.

That love of Man is not for his own sake but for the sake of God.

July 6

Cosmic Consciousness.

You will love all and not love some and hate others - only if you see the common unity in all - that is God.

July 7

Love God - Love Man.

In loving man, we should not forget the God in him.

In loving God, we should not forget that He is in All.

July 8

God is All - Love is All.

If you cannot fully love one - how can you love many?

If you have not felt the Presence of God at all - how do you expect to feel His presence 'in' All?

July 9

Turn Within.

In formal worships you offer each flower with love, faith and devotion, quickly turn within for a moment and see the state of your heart - take this state into your daily life.

July 10

Nearer than Breathing.

The kingdom of God is within you.

God is nearer to us than the breath that flows through our nostrils.

Learn the art of finding Him through prayer and meditation.

July 11

The Tap on the Shoulder.

Adversity is God's way of calling us to turn to Him.

We do not listen and obey the scriptures, so He taps us on the shoulder with the the stick of adversity - and we have to turn.

July 12

Go Within.

Is it not significant that we close our eyes and pray?

Does this act not prove that we intuitively know that God is within?

July 13

See God in all.

We begin to "see" that the Kingdom of God is not only within us, but in the hearts of all beings, in every atom of existence.

This is a great experience.

July 14

Join - Join The Ocean.

When the "I" is lost it is no loss.

It is the loss of limitation.

And we sing in joy, "Lord: I am not - Thou art."

The river has joined the ocean.

July 15

Repeat His Name - Constantly.

We have such a restless in us - it is the desire-filled mind.

The best way to keep it constantly busy without obstructing our daily work is Japa of God's Name.

July 16

Unlock the Chest of Treasure.

The fountain of wisdom is within us.

Great power is hidden in us.

How few of us do really unlock this hidden treasure?

Have you ever seriously thought about it?

July 17

Stop - Be Still.

People rush about here and there, thinking that this is the best way to get rid of misery - and that is precisely why and how they invite misery.

July 18

Fix Yourself First.

Unless I know who I am, why I am here, and what my relationship to society is, I cannot shape my own career or guide others.

July 19

No permanent Peace.

The quest for happiness in external objects lands us in this anomalous position where we have brief periods of nerve-excitation, sandwiched between long periods of suffering and pain.

July 20

Weaken the Shell.

As we evolve - the shell of matter in which our spirit has been imprisoned grows thinner and thinner - and the light of wisdom stronger and stronger.

July 21

Friend or Foe?

The mind - impure - is our enemy, veiling the truth.

The mind - purified - is our friend - it enables us to recognise the Truth - to perceive "it" - Realize "it".

July 22

Get Thee Behind Me Satan.

In our dealings with internal or external impurity, our effort should always be to get "behind" this evil to the great spiritual power of God Who dwells in our heart.

July 23

Return to the Source.

The sage truly experiences and expresses the Bliss that is the nature of the Self.

He rejoices in the happiness of all, feeling that the one Self alone dwells in all.

He has returned to the Source.

July 24

Beware of Anger.

If you are non-vigilant for a single moment, anger will rob you of wisdom and knowledge.

It is only the other side of lust and desire.

July 25

One Pointed Devotion.

If you want to enter into God - know Him, see Him and enter into Him - you must have one-pointed devotion - whole-souled devotion.

July 26

Look to the Sun.

Once we turn toward the sun, we do not see the shadow.

If we turn to God in our hearts we turn away from fear.

July 27

Look Within.

The buddhi must face inwards.

The mind must face inwards and by that light provided by God, we will see the world as it is and not have false values.

July 28

Not I, but God.

When you do any little service, a little charity, ask yourself how much "I" is behind it.

Remember - it is not you - it is God doing the action through you.

July 29

Part of Him.

You are a cell in the body of God - you are indestructible - nothing can happen to you.

July 30

We are One.

The idea that we are separate or antagonistic to one another must be removed.

You and I are parts of the same body - His Body.

July 31

Help with Love.

No matter what anyone has done or said to you - if they need help, give it to them with love in your heart.

There are no exceptions to this rule - none whatever.

August 1

Live in Love.

It is possible to live in harmony and love.

If we make up our mind in our own hearts, this grand vision can come to life.

August 2

God is in all.

God is in every part of our existence.

We are all linked by this consciousness of God, but our minds do not let us see this.

August 3

No Need to Struggle Alone.

If our desires are stronger than our wish to improve spiritually, then God's Grace cannot reach us for that particular time in our lives, and we must struggle alone.

August 4

Transformation.

Knowledge must bring about an "inner transformation".

And that inner transformation must in its turn express itself in our daily life.

August 5

Your Paradise?

When the human heart is purified by a life of service, there descends into it a ray of Divine Light.

In that light man sees a distant vision - a glimpse of paradise.

August 6

Feel God in Him.

Truth is reflected in the eyes of the Guru, He radiates it.

When you stand before Him you feel it.

He is the perfect Master.

August 7

Stop by Step.

To become perfect is the goal of all.

It is reached by stages.

At each stage there is a synthesis of knowledge and action.

August 8

He is Here - He is There.

God is present everywhere at all times.

When there is need, He manifests Himself where the need is felt.

August 9

The Christ Spirit.

Having found a Guru, cleave to Him with body and spirit, like a devoted son to his father.

Obey all His commands implicitly.

See Him not as a mere man but as Christ Himself.

August 10

Into the Harbour.

The scriptures are like the maps and charts that guide the pilot of a ship.

They guide the faithful seeker away from the rocks and whirlpools, safely toward the harbour of God Realization.

August 11

No Guru - No Goal.

Without the Guru it is impossible for the most majority of us to reach the goal, or even to make any spiritual progress.

August 12

Complete Surrender.

The only way to deal effectively with the human ego, is to completely surrender to the Master.

He alone knows how to subdue it and ultimately annihilate it.

August 13

Guru is God.

The man in the Guru when He comes into contact with the divinity of God has been entirely transmuted into God, and so deserves the adoration due to a divinity.

August 14

Firstly Lift the Mind.

You cannot say your own inner voice will guide you in finding out what is right and what is wrong.

It takes great wisdom to distinguish the inner voice from the clamour of the impure mind.

August 15

The Rules - The Referee.

The Guru is the referee on the spiritual path and the path of righteous activity.

The "rules of the game" are found in the scriptures.

August 16

Hold On - Hold On.

So long as he exists as an individual in the world, the spiritual aspirant dare not abandon the Guru and the scriptures at any stage.

August 17

Seek and Find.

Faith is the function of the inner soul.

When the light of faith shines on the intellect, commotion ceases and the truth is perceived in clarity.

August 18

Seek and Find Faith.

What we seek for, what we need, is within ourselves.

In it we can find our rest, our peace, our happiness and our dispassion.

Discover it!

August 19

Be Fearless in Oneness.

Fear is always related to another person.

If you realize your oneness with all, you will never fear anything anywhere.

August 20

All is His Grace.

Suffering purifies the heart, tests one's faith and intensifies one's devotion to the Lord.

Never let us entertain the least doubt about God's Grace when it comes to us in suffering.

August 21

Melt into Him.

The salt doll measures the depth of the ocean only after it has dissolved in the ocean.

The individual can only know Him fully when he becomes one with Him.

August 22

We cannot Run From God.

Conscience - the voice of God - does assert itself even though we try to muffle it and foolishly suppress it, because it is inconvenient to our happy-go-lucky life.

August 23

Empty Yourself.

When you enter the Guru's Presence, leave your own knowledge and "wisdom" at the door, and enter on your knees in all humility.

August 24

Work or Worry?

God has created a lot of work for us to do in this world.

You and I have created a lot of worry for ourselves.

The worry keeps us away from achieving what God meant for us.

August 25

Cremate the Dead.

The events of the past are dead.

Cremate them - otherwise our poor little head will be a stinking abode of neuroses and complexes.

August 26

Change the Act.

Why are we worried?

We have lost the art of self-analysis and we are not prepared to submit to God in all humility and meekness - hence we act foolishly whilst talking wisely.

August 27

Come out of the Cave.

It is because we are shut in the cave of our own ego that we deny ourselves to the life giving sunlight - which is God's Grace - and which is available to all.

August 27

He is the Heart.

God is seated in the heart of all - meaning He is in the "heart" of every cell of our body.

He is the heart of every atom of creation.

August 29

Be a Master.

To have complete mastery over the mind is the essence of life.

Mind is the tool of ignorance.

August 30

Love Thy Neighbour.

"Love thy neighbor as thy own self" - the self is not the little egoistic self, but the Supreme Self.

August 31

All is One.

We are all one consciousness - hence it is when we hurt someone else we really hurt our own self - and when we serve "someone else" we serve our own self.

September 1

Satva is Divine.

When Satva predominates in our mind, we approach God. Satva is light.

Continuous discrimination between divine and undivine promotes its growth in us.

September 2

Beware of Desires.

Desire or lust for sense-enjoyment must go.

It is the spiritual aspirant's deadliest enemy.

September 3

Nothing in Return.

Do not equate God-love with the love you know.

Divine love is not human love.

It has no raga or attachment in it.

It does not expect any reward.

September 4

Unite With Him.

God love is a manifestation of the ultimate unity of the Supreme Soul and the individual soul.

It is the inevitable, natural, irresistible force that exists between God and man.

September 5

The Three Wise Monkeys.

Be like the three monkeys - see no evil - hear no evil - speak no evil.

Let me add - think no evil and you shall see God.

September 6

Enter into Him.

Enter your mind in Him - you will know Him.

Enthroned God in your heart and yourself in His Heart.

You will become one with Him.

September 7

Through Faith to Bliss.

Have supreme faith.

Unshakable faith in God, Living faith in Him.

Established in this faith, we cross the terrible chasm of grief and swim in the ocean of Bliss.

September 8

His Grace.

You have only to take one step at a time, every step takes you nearer to the goal.

Hand yourself over to God, let Him lead you.

The most difficult tasks become easy in His Grace.

September 9

Be Meek.

He who is meek opens out his heart for the reception of His Grace.

September 10

Who Carries Your Load?

Even as you take the first step say, "Lord, Thy will be done" - you will find a big load is lifted off your shoulders.

September 11

Seek the Bliss Within.

If the Buddhi is turned in, as a result of the right understanding, that supreme Bliss is within, in the Self.

There it perceives God and finds eternal rest.

September 12

Harmony, Within - Without.

When we find a place for God in our heart, then our hands and our head know how to function.

September 13

Turn Within.

His living presence surrounds you - if you tune in you will know.

September 14

A Speck of Dust.

Who is best fitted to walk the path of devotion or God-love?

He who feels, "I am a drop, God is the ocean. I am the spark, God is the fire."

September 15

The Magnet and the Pin.

God love is not an intellectual pastime - it is an affair of the heart - an irresistible force that perpetually attracts the individual towards God.

September 16

Break the Knot that Binds.

The moment a man sees God as his very self, the knot of ignorance in his heart is broken asunder.

All his doubts are dispersed and the entire stock of his karmas gets liquidated.

September 17

The Breakdown.

God-love is constantly pulling us up towards Him.

Our extrovert nature persists in dragging us down.

The tension tears our personality which suffers agony.

September 18

Change Your Vision.

The ordinary human being has extrovert vision and is not able to turn within.

So the love that ought to flow towards the God within, externalizes itself and flows towards external forms - and down we go.

September 19

Be Motiveless.

Love which has a motive behind it - however exalted that motive may be - is not pure.

September 20

Please Start.

Whatever be the starting point, love of God eventually transmutes and sublimates all our emotions, and liberates us.

Ultimately we realize and experience our ever-present union with Him.

September 21

Walk the razor's edge.

The razor's edge - the subtle middle path.

We should not be arrogant and violate the laws of society - but we should dare to do right even though it might earn public criticism and condemnation.

September 22

Service - God's Grace.

Service should be rendered because God offers you an opportunity to render that service.

It is honouring and accepting His Grace.

Rendering of the service itself is the greatest reward.

September 23

Let Love Alone Exist.

Non-violence is the positive virtue of love in thought, word and deed.

Love every minute, with every breath.

September 24

Be Happy in Duty.

Let us carry on our daily duties, discharging them selflessly for His sake.

September 25

See the Goal Ahead.

Prepare yourself for the reception of the Light of devotion.

Purify the vessel - the heart first.

Cultivate virtues and eradicate vices.

September 26

Love is Change-Less.

Supreme Love of God is completely different from the love that we have for anyone or anything in the world.

The latter changes, diminishes.

Bhakti - the Supreme Love - knows no change.

September 27

Wanting is not Loving.

Human love is selfish.

We expect the object of our love to reciprocate.

When the love has served its end - has fulfilled itself - it cools off.

September 28

Love is Life Itself.

Love is God - God is Love.

God's Love it is that holds the entire universe together - it is an irresistible and inevitable force.

September 29

True Love Indeed!

The unmistakable signs in a true Bhakta are - his words, thoughts, deeds are characterised by sweetness.

Not an evil thought, not a harsh word, nor a vicious or harmful action will emanate from him.

September 30

The Grace of Suffering.

The one thing that all worldly men dread, namely misery, is welcomed by the Bhakta.

The wise man welcomes poverty, pain and suffering.

October 1

Who is a Prisoner?

Mind is not a thing in our hands with which we can do what we like!  
It is like a prison in which we are imprisoned.

October 2

Hold His Hand.

If we grasp His helping hand, He will soon lift us away from the quagmire of samsara and place us on His lap. Gradually, with the growth of devotion, self control too will grow.

October 3

Fight the Evil Enemies.

There are internal and external enemies.

Internal enemies are the evil propensities of the impure mind.

External enemies are those whose influence will lead us away from the path of devotion.

October 4

Only God Can do It.

No object can possibly give us permanent satisfaction, eternal Bliss.  
It is simply not in the object!

October 5

Control the Mind.

If the mind is controlled - then the speech and the actions are controlled.

If the mental attitude is good - then the words and the deeds are bound to be good.

October 6

Shine as a Divine Abode.

If we have truly led the divine life and walked the path of righteousness all through our period of Sadhana, then naturally we shall shine as an abode of all divine virtues.

October 7

Be good - Do good.

Goodness in the indispensable prerequisite of a spiritual aspirant. Without adherence to the spiritual disciplines of the scriptures we cannot hope to realise God.

October 8

Live in Him - For Him.

Let all actions be an offering unto God.

Let them all be untainted, pure and divine.

Let us live for His sake and His sake alone.

October 9

Cry for God.

We should constantly feel the Presence of God in us and all around us.

We should be filled with anguish if this constant thought current is interrupted.

This is the acid test.

October 10

The Silent Witness.

It is when we forget Him that we err, we sin and commit mistakes.

If we know that He is a witness to even our thoughts, we shall not commit sin.

October 11

Let Go - Let God.

The devotee should banish shyness.

Shyness is a great obstacle to the practice of devotion.

We must be able to sing His name and dance.

October 12

Rest in Him.

The Bhakta enshrines himself in the Lord's heart.

He throws himself at the Feet of the Lord, and says, "I am thine, my Lord. I am not. Thou alone art."

October 13

The Meek shall have His Grace.

He who is egotistic, self-centered and full of vanity, shuts out His Grace and the rays of His light.

He who is meek, opens out his heart for the reception of His Grace.

October 14

Bear Insult - Bear Injury.

Meekness is a great virtue.

A meek person bears insult and injury - everyone loves him and rushes to serve him.

No wonder God loves him, too.

October 15

Banish Vanity.

We should welcome insults and injury.

They do for us what nothing else in the world can.

They enable us to come face to face with our own vanity.

October 16

Thy Will Be Done.

A meek person is not weak.

He realizes the supremacy of His will and bows in humility to it.

October 17

Let God Act.

The act is not man's; but the attitude is man's.

This is the secret of living as an instrument in His hands.

October 18

Surrender Your Will.

Bhakti is only for the person of strong will, who is at the same time prepared to surrender it at the lotus Feet of the Lord.

October 19

Live in Love Together.

We must learn to live together, we must learn to love one another, serving one another - all of us together in the spirit that we are the body of God.

October 20

Always in His Grace.

If we turn to God or Guru and genuinely ask for help, God's Grace comes into action.

If, however, our desires are stronger than our wish to improve spiritually - then we must struggle alone.

October 21

Give it God.

Never, never, never has it been said that the fire of lust has been quenched by indulgence.

When the mind wants something, it should not have - give it something holy.

October 22

Turn away - Not run away.

Dispassion is inner absence of infatuated desire or craving.

It is not 'running away' from worldly pleasures but 'turning away' from worldly desires.

October 23

The Problem and The Solution.

The solution is always brought by the problem itself, as a man brings his own shadow.

Thus - the solution hangs on the shoulder of the problem itself.

October 24

Part of the Whole.

I must find my place in the whole - realize my place in the whole - 'be'.

This being is not out of whole but in it.

October 25

Devotion.

A Bhakta is one who is totally devoted to Reality.

In that sincere, total devotion lies the key.

October 26

Push to the Top.

A thing that uplifts you is always a struggle - the downward path is easy.

Yoga practised properly is very difficult.

October 27

Love is Consciousness.

Bhakti Yoga is eternal vigilance and the inner light - not of the ego. It burns brightly from moment to moment.

October 28

The Lamp

As long as I hold the lamp of light, I cannot see my shadow.

However small the candle of light - provided I hold it, it will dispel the shadow of fear in me.

October 29

The Double Consciousness.

We should share God's essential Nature, which is peaceful but dynamic on the surface.

The double consciousness enables us to live in two worlds at the time.

October 30

Love - Only Love.

Do not try to forgive someone if he has done you an injury - just love him.

In forgiving we assume superior airs and make the gap wider.

October 31

Be Gentle - Be Strong.

The humble man is always the strong man.

The gentle, soft-spoken man is the strong man.

A gentleman means being gentle within.

November 1

Love One Another.

I beg of you to give me an assurance that you will love one another, keep jealousy and ill-will away from your hearts, and patiently bear criticism and insult.

November 2

You Reap What You Sow.

You will get what you deserve.

What is meant for you - no one can take away from you.

What is not meant for you - no power on earth will allow you to keep it.

November 3

Keep Watching.

You must be watchful - let your whole life be in your own grip - watch your thoughts - keep your grip.

November 4

The Inner Bhav.

It is not what you have thrown out of that matters, it is what you are prepared in your heart.

November 5

Just an Instrument.

"Be thou My instrument - do my Will."

He is the Supreme Power that governs us.

All He asks is for us to merely be His instruments.

November 6

All - O Flower at His Feet.

Give up doing things for your sake - do it for God's sake.

Make each action you do a flower offered at His Feet.

November 7

Walk into His Arms.

Mentally see His arms outstretched to receive you.

Place your problems at His Feet.

Now God alone exists.

Feel "Not I, but God rules my very soul."

November 8

Faith is the Key.

Reason can take us to the threshold of wisdom.

Then it is faith that has to unlock the door of this Mansion of God.

November 9

Be Conscious.

When there is consciousness of unity, there is peace.

Have you this kind of peace?

November 10

Purify for Purity.

We should purify our heart, for only then will the spirit in which we serve be right, and the love of our heart pure.

November 11

Live in Love - in God.

May that God Who is Love - enlighten us, guide our footsteps, lighten our burdens, lead us to the goal.

November 12

Forget Yourself.

Here is the secret - if we can forget ourselves we can be happy.

November 13

Divine Life.

In brief - divine life is divinising our entire life.

We shed the animal in us and become human beings first by cultivating goodness and goodwill in our heart.

November 14

The Scales.

Remain balanced in pleasure or pain.

It is how we receive experiences, not the events themselves, that affects us.

There is an advantage in every disadvantage.

November 15

Down - Down to Love.

Intolerance is a terrible animal quality - but tolerance smacks of arrogance.

Come down a step and we have love.

November 16

Go Down Under and Rise Up.

Understanding - how does one explain this?

Do not stand on top and tolerate.

Do not stand beside and love.

Stand under and understand.

November 17

The Yogi - The Divine Will.

First become a yogi and then do what you like.

You will not do what you like, that is the wonderful part.

You will not do anything against the Divine Will.

November 18

Judge Not.

Do not judge a man by what he does.

God judges him by his motive - his heart.

November 19

Humility is Strength.

Humility - a funny virtue.

If You say you are humble, you are not!

In humility is absolute fearlessness.

November 20

The Heart and the Holiday.

When God takes a holiday from the heart - the boiling starts.

Is He 'in' your heart or on holiday?

November 21

Realize and be Liberated.

He dwells in the heart of each living being, and it is He that makes us dance.

He who realizes this is liberated.

November 22

Have You Shock Absorbers?

If you are not developing good shock absorbers. there is some mistake in your practise of Yoga.

November 23

Hold the Higher Ideals.

Right is Right and Wrong is Wrong,

Never sanction evil as good - otherwise you take away the ideal of goodness.

November 23

Hand Over.

When you know you have done all that is possible with love in any situation, then the problem is no longer yours.

November 25

Just Be.

Do not try too hard - everything will become too tense.

A flower just grows - it does not try to grow.

November 26

Represent the Present.

What is done cannot be undone.

Yesterday is gone.

What are you going to do 'now' about the situation?

November 27

Fallen? Then Climb.

No man becomes great until he has hit Rock Bottom.

November 28

Only You can do it.

No one pushes misery down your throat.

You are attached.

Detach yourself.

November 29

In Him.

In Him we Live and have Our Being.

The Self in you and the Self in a being living on a planet thousands of miles from here is one and the same.

November 30

Stop! Let God! Let God!

You cannot resist and start running away from God and His will.

Whichever way you turn, you will be caught.

No man can thwart His will.

December 1

True or False?

A pure mind will guide you into the sanctuary and take you to the threshold of intuition.

If it is evil, it will drag you down.

December 2

Know the Self and Be Free.

Do you know yourself?

How can you understand others if you do not yet understand yourself?

December 3

Which is it to be?

Either you lead your life or God leads it - that's all.

December 4

Walk with God.

May you walk in the Light of God, with your hand in His, with the whole of you in His Palm.

December 5

Peace - Peace - Peace.

May the peace that passeth all understanding dwell in your heart - radiate from every pore of your being.

December 6

Remember.

You serve others only because God is in you.

You serve others only because God is in them.

December 7

Not My Will - His Will.

Do not look for results.

It is foolish to connect action and its results.

God has his own plans - leave it to Him.

December 8

God's Eternal Love.

There has never been a time when God and God did not love us, and we did not love God.

December 9

You Use the Rope.

We are not caught by the world - we tie ourselves to this world. Through Yoga we can cut the bondage and tie ourselves to God.

December 10

The Secret of Life.

Hidden within the seed is the secret of life - death!

The fruit has to be sacrificed in order that the seed may become potent.

The seed has to die in order that life may live on.

Life 'is'. Life is life. Life is eternal.

December 11

Let the Wind Blow.

You and I are just straws in the wind.

It is God's Will that prevails.

December 12

Be Balanced - Be Peaceful.

Do not even label an experience - let it go.

Maintain your equilibrium - be rooted in unshakable peace.

December 13

The Pearl of Peace.

There is nothing in this world that I would allow to take away my peace of mind.

December 14

In the World and Out.

The sign of a healthy mind is the preparedness to take life as it comes.

Be part of the world - but also apart from it.

December 15

His Troubles - Your Happiness.

The moment you take interest in other people and their welfare, and less care for your own, you will find you are happy.

December 16

Share and Share Alike.

All things we enjoy are provided by God.

If you enjoy His blessings without sharing them - you are a thief.

December 17

Are You Taking Stock?

If goodness and selfless service are natural to you, you are a true student of Yoga.

If not please - take stock.

December 18

My Head on Your Feet.

In repeating the mantra, be humbler than a blade of grass and ask - "Please dissolve my ego."

December 19

Bleed for God.

Think of the Rubber tree - cut it and it bleeds and gives you rubber.

You must bleed with love for the person who harms you.

December 20

You - You - You.

You want Peace?

Who stops you from getting it?

December 21

Try - Try - Try Again.

Do not make a vow - you will break it tomorrow.

Just try not to do it again.

December 22

Worry and Grow.

If you are secure and comfortable - nobody can teach you anything.  
Your foundations must shake - then you are worried and alert at the same time.

December 23

From Deep Within the Heart.

To be disciplined - fall at the Feet of the Guru in surrender - not mechanically but whole-heartedly.

December 24

My

The moment you use the word 'my' - there is misery, the fruit of the sense of possession.

December 25

Keep the Peace.

Look at yourself - find out what is taking away your peace and throw that away.

December 25

Wake Up - Wake Up.

If you are the disciple - if you are awake - the Guru will feed you.  
But He will not waken you up - this must come from within you.

December 27

Pull up the Blind!

If my wisdom, my faith, my understanding is blind, what will come out of me? Evil.

I must open my eyes! I must 'see'!

December 28

Judge Not.

What is done is done, nothing can erase it.

So it is better not to criticise, scold or judge anyone now.

You do not know what your reactions will be in the future.

December 29

Live in the "Now".

The post cannot be brought back and corrected - it is the now that matters.

This will influence my future.

December 30

Ego - Evil.

This life is turning away from evil.

Unless I do this, there is no life for me.

What makes evil? Ego - "I want".

December 31

My - My - My!

The enemies are within me - and the worst often disguised in the small, little word "my".

Think about it.

GOD BLESS YOU.