

JANUARY

January 1

God is only one, the highest truth, total perfection and has no equal.
I am soul, Immortal and eternal spark created by God.
Each moment the body decays until its final decay in the grave.

January 2

God knows me as soul and nothing else. Our sun rises in knowledge. It reaches its peak in wisdom and it sets in the west of illumination.
This world, bedridden with bloodshed, hatred and spite needs our kindness and love.

January 3

Every event places me on a better vantage to learn of God's love, truth and wisdom.
First I am a human under the Guidance of God; humanity is one.
This belief, without enlightenment is a theory.
Put outside the objective reality in order to enter into the unseen worlds.

January 4

I am purified by two stimuli--- Pain and Curiosity. I am beautified by one source—divine beauty.
In each dancing atom, God speaks the language of mercy.
Each joy that glows with each moment has a tie with the smile of death.

January 5

I know now that problems are gifts from God to me. These gifts are treasures which must be appreciated.
The spiritual student has to toil in order to find Life.
Humans do not take their material possession to their graves but there is a unique treasure which they can take with them far beyond the grave: fruits of the heart.
The mysteries of the universes are unveiled for those worthy of them through sincerity and preparation.
The beauty of the human mind is seen in its ability to tune to frequencies beyond the earth and it does this via Soul.
Science and technology cannot raise the dead.

January 6

To overcome death I need to overcome the fear of it. This can be done via purification of the body and mind and to a greater extend, expansion of awareness.
To receive divine light, the gross body has to be refined to receive the divine current. The student of life must be empty in order to be filled with divine gifts.

January 7

Illusion makes me feel attachment is the greatest attainment. Inspiration tells me detachment is the highest achievement. Intuition says to me: 'know the power of attachment and the limitation of detachment.
The ego is like an idol that prevents one from true worship of God; it must be broken and put aside to enable illumination.
If the frequencies and powers of colours can be imbibed, the best ways to absorb them is to eat fruits and vegetables of different colours.
Over here in the green field, free from the city's conflicting and stale energy, I feel united with every tree, shrub and wild flowers.

January 8

Thankful hands, a grateful heart and a praiseful mouth for an awakened Soul.
Extremism is a very fatal adventure; it is also very volatile in this world of duality.
Humans are agents of change but there are certain things in life that they cannot change. This premise is not

pessimism; it is reality.

January 9

If I cannot love I shouldn't hate. I should rather wish all creation love and peace.

There is one current but many bulbs; one essence, myriad forms.

Soul has a strong, secure and sumptuous affinity for God. This connection can be fine-tuned or distorted. The spiritual student prefers to fine tune this connection by involving in activities that reinforced this connection.

Social aspects that conform to spiritual laws are beneficial to the student of life. It is beautiful to live the spiritual life in such atmosphere.

January 10

Higher laws are invisible but they are real and potent. The awakened heart knows they exist.

The truly powerful do not exploit the helpless or the weak; they help the weak to be like or greater than themselves.

Introspection before sleeping and upon rising can help clear toxins accumulated through extreme emotions and stress during the day.

January 11

As an animal I might be violent. As a mind I might be proud. As Soul, I know we are one in spiritual essence.

There is constant interchange of energy going on in the human sphere of physical, emotional, psychic and spiritual activities.

You cannot grow when you fail to accept challenges and pain.

January 12

Life is an account. I can only withdraw the sum I have put into it.

Dear me, keep your head straight. The world makes winning the supreme goal. Keep losing and someday you will be glad you lost honourably.

Consciousness has the power to make our lives a conscious interlude.

January 13

Love is the best antidote for all maladies. Wisdom is the purifying fire for all ignorance.

It is ignorance that motivates human to seek wisdom. It is wisdom that unveils our ignorance.

The spiritual student wants to feel light on certain occasions. He or she can attain this graceful state with meditation and non-meat diet.

January 14

The living body is appreciated because it has a living spirit that gives it radiance and sustains it. A corpse is devoid of this spirit. As a human I am a living soul.

To know yourself as it is often said is for you to know your mission. To know your mission means to understand and test your own capabilities and limitations.

The brain has great powers. It also lacks the greatest power.

Growing up means learning what you failed to learn as a child or as an adult.

You can either befriend the mind or be its enemy in the attempt to overcome it as soul-personality.

January 15

God has no eyes yet it sees all things. God has no heart yet it feels true love. God has no mind yet it knows all things. God has no form yet its power pervades all forms.

Change indicates the need to adjust your vibration to your own frequency.

If you can lower or increase your vibrations, you are gifted with an expensive treasure.

January 16

O God, make me a perfect instrument of your love, wisdom and power.

To get there, I have to destroy my ego. When I am there, I would be given the choice to share in the greatest

blessing. As Soul I am noble but before God I am humbled. The mountain can never be greater than its creator.

Direct perception is a precious gem which the student of life should attempt to acquire via spiritual discipline. The spiritual student blames no one. He or she should investigate why certain events occur around him or her.

January 17

Soul which I am sees through the pinhole of neutrality.

Animals and plants understand humanity more than humanity understands them.

Some persons want to learn great mysteries when they have never cared to learn the simplest known facts.

The mystery unknown must be known through the unveiled mysteries.

January 18

Without imperfection how can I know the citadel of perfection?

Even charity needs to be given with wisdom just as compassion needs to be discreetly bestowed.

Know when to use courage or prudence in life's polarized situations.

January 19

Mastery over life is a sincere effort and a product of thousand years and many lives. I have so much to learn and one life time is not adequate.

Break those human made barriers oh enlightened soul.

Humans are like the artists that create but they must create in accordance with the higher laws of life.

January 20

The spiritual adult takes responsibility for his actions. He doesn't conjure Manna from heavens.

If I can forgive the gravest offence I have attained everything in this world. To forgive is the hardest thing in this world and he who can forgive freely is truly enlightened.

Inner guidance is always within the reach of all of us. We only need to tune to it anytime we are in need of it. But is there any time we are never in need of it?

Strange ideas can and do metamorphosed from being contradictions to being consistent. This happen over time as the collective consciousness of humanity unfolds like the rose flower.

Every one of us must add our light onto the light of humanity for a brighter world. If we add darkness, humanity is reduced in her luminous intensity. Humanity is made up of individuals' own light or darkness.

The mind knows the intellectual lore. The heart knows and can experience spiritual intelligence. This heart is not your physical heart but your nonmaterial heart.

January 21

Men of power do not know love. Men of love know Love is the greatest power.

At the point where the night is darkest lies the twilight zone.

Everything the student of life claims he or she owns, must be surrendered to God and this includes his or her own life and intellect. The student of life cannot enjoy the true marvels and blessings of life without his or her total surrender. Total surrender does not mean 'I do nothing'. When the student of life has given everything thing to God, he or she becomes empty. This emptiness is synonymous to nothingness and God loves this state because it can then give you the gifts that you truly deserve.

January 22

I will face my fears. I will shed my tears till I learn to cry no more.

Nature has not only given us neutrality. It has also given us variety. Good or evil comes from their utilization. It is not only genetics that influences what we are; there are several other factors. While genetics might influence what we are, it does not dictate 'who we are'

This night, in the silence of loneliness, I feel the blessings of Life and just realised how ungrateful I have been to God.

January 23

I have learnt not to preach against stealing except when I have stopped being a thief. My Life should be my message.

Soul might be limited on the material planes but on the spiritual realms, it has limitless abilities through the permission of God the creator.

Happiness or Joy is already in you but it cannot resurface that easy. It takes your own efforts. A small deed such as saying 'thank you God' can bring out the happiness in you.

January 24

I have chosen not to walk the path of the crowd. The Narrow way which is full of razors and desolate is my choice. I know God walks this way too and its presence is the greatest majority.

When the student of life begins to purify his physical desires, emotions and thoughts, he or she will note that everything within his expanded aura responds to him or her.

January 25

Each day brings a greater understanding of why I am here. Each night reminds me of where I had come from. Each morning praises the positive steps taken towards my true destination.

The spiritual student will always face the lure to use his accumulated lore for self-enhancement. While this self is important, remember your duty towards humanity.

Intention is like yeast in the dough of devotion, prayer or meditation.

January 26

The beauty of God is that it is understood according to the varied levels of Soul's awareness. No or group can monopolize God.

Direct perception is a gem which the student of life should attempt to acquire via spiritual disciplines.

Never interfere in another person's life without his or her permission. A human being has intricate make-up and subtle laws governing his functions. Interference without consent could result in a debt. You cannot go into a person's home and order him or her around or tamper with property. The law forbids that.

Humanity has lost the original connection she has with all life. We are too busy with our daily activities with no or little time reserve to re-establish this lost connection.

January 27

As Soul I am safe. I only need to free myself from material, emotional and mental bondage.

You can Experience the 'here' and 'there' now from within you.

The sincere student of life must get out of his or her comfort zones.

Spiritual success is attained via repeated and regular spiritual practices. It can be given a leap by the grace of a competent master through the permission of God.

January 28

There are certain things in Life that do not need explanation. They are self-fulgent or self-explanatory.

Companionship can be enjoyed physically and spiritually.

You cannot lie to your own self; the real you know everything about you: your beauty and defects.

Some insects imitate the sounds taught to them in the spiritual realms, likewise birds and animals.

The fire-insect illustrates a simple truth: that all creatures have a special kind of fire or light in them.

January 29

Holiness is living amidst imperfection and yet striving for perfection. The first step is recognizing the need for relative perfection.

Conserve your energy o student of the mysteries through silence and continence of the tongue.

Theory is useless if it cannot be applied. Applications are useless if they are not benevolent to humanity and entire creation.

You were in spirit before becoming a soul. You were a soul before becoming a mind. You were a mind before becoming a body. This is the decent. The ascend entails you dropping every other body you wore except the real you, Soul. Spirit is a constant factor for from it you were created. Even the spirit is created by God.

Revelation unveils the strangeness of a mystery

One way through which the real you can express it-self is via creativity and contemplation.

If I could eat more than three times a day I see no reason why I cannot pray or meditate more than three times a day.

If you want to know how loving you are, try to love a cockroach with all your heart.

January 30

I am a product of who I was and I will be the sum total of who I am now.

Every force, be it atomic or electrical has its origin in spirit. The effect of spirit is known by vibration and manifestation.

At least, do not follow blindly. Know why you follow certain ideas or peoples in this world.

Soul experiences incidences or events that are relevant to the growth of soul-personality and each soul encounters a unique set of events.

January 31

The end doesn't justify the means. It is the means that justify the end. What goes around comes around. Humanity is at cross-roads: to walk the path of circles or end these circles via the way of love.

There is a hill over there where human nature is transcended. There is also a forest where beasts fail to exist. There is a vast ocean over there where no ship is needed to sail over and also is a desert, where the dew of devotion rains constantly. You do not need to go over there to access these assets. You are already there because you have a heart.

We need courage to overcome this wanton display of hatred in our world.

FEBRUARY

February 1

Babes worship God through rituals and rites. Adults do so in spirit. Until I become a spiritual adult, I will not speak against rites and rituals.

The rainbow is a cause for reflection. We are rainbows when we as souls function to our fullest capacity. Thoughts and emotions are live wires, they send out currents that shape into existence the nature of our thoughts or emotions.

February 2

Dreams like ideas are potent, living and real. Without dreams humanity is a moving corpse. Let us dream with a will, purpose and effort. It is paramount to an emergent golden age

Drugs can do irreparable damage to those fine human psychic faculties after damaging your physical cells or physiology.

Commercialized spirituality is a violated thing. Money making is a powerful influence even in the field of spirituality where amateurs are self-style gurus with stale motive of making business out of spirituality. The spiritual student must be guided by his or her own intuition towards the right spiritual path fit for his spiritual growth.

February 3

Matter and Mind offer me only pain. I need to go beyond them. When I do this, these become my tools to live a life of bliss.

Humans can make intellectual remarks about God. With certainty, we know that there is something we can never know about it.

Duality is a precursor of non-duality; to arrive at non-duality I must experience and know duality. I do not need to be great in order to be happy.

February 4

Nothing is simpler than truth. Nothing is complex than simplicity.

Pretence is a grave disease. It is gravest when we pretend to our very self.

The Salik enjoys the state of nothingness. This state can become a station where eternity bakes romance with the divine ocean of purity and love.

By virtue of commitment, the student of life chooses to live a life different from his usual old one.

February 5

To act while relaxed and to relax while in action is a subtle sword of spiritual wisdom.

The keys to unlock the gates of heaven are hidden within me. Not so hidden because I have Soul's ability to retrieve these keys.

It is easy to die but it is difficult to live. The brave human is the one that have chosen to live.

February 6

Only very few humans are completely free from Idolatry. Even those of us who believe in the absolute supremacy of God tend to make the devil as powerful. I have my own idol made with silvery wings. Yours may be made of wood or gold but it makes no difference.

Freedom in excess results in abuse. In the world of desires, freedom is a bad master.

Separateness is a thing which humans have experienced and enjoyed; it is now being taught to lower animals known for their lofty group consciousness.

February 7

The God-intoxicated man or woman is a hundred fold better than a core materialist. Yet God intoxication is far from fanaticism. While the absolute care for material pleasure results in spiritual burden that for spirituality can trigger material negligence. Balance is the wisdom of the sages over the ages. It is the harmony between the head, heart and hand.

Love, wisdom and power, the prime expressions of God, given as sacred gifts to each human must be balanced in each of us in order to obtain the spiritual and dynamic freedom that we all seek. Colours are frequencies. A frequency is a moving vibration. All vibrations are alive but they are not alive the way you assume alive to be.

February 8

Prophets and teachers of truth have never disagreed with one another. It is me and you that have made war over what the spiritual masters preached and will preach.

Restraint is the true freedom in the world of chaotic desires.

The earth's safety valves for our wanton outbursts and excesses can manifest as natural disasters. Curb our excesses to save the earth.

February 9

No religion is supreme to another. Only the truth is overly supreme. It is the basis for Soul's freedom from Illusion. Only God is truth.

Those who subscribe to atheism are in their own stage in the evolution of awareness. To me, atheism is a reaction to the evil perpetrated by humanity, by those who should have given light to the world through kindness and love. When we see evil in sacred places, we tend to give up on God. This is a wrong reaction because God has given humanity free will to choose between good and evil. What we see today is the consequence of our choices as collective humanity. If we choose love over hatred, this ugly trend we are witnessing in the world can be transformed into peace. We all need peace in our hearts and in our world. O man let us be tolerant. People want evidence of God's existence but they fail to see this proof in the wonders of the human body and mind; and the awesome space and planets in their orbits.

February 10

Experience is meeting with the total sum of our conscious existence. It explains what words or picture cannot convey.

To question the phenomenon of multiplicity is to ridicule the unity of creation.

Courage is the disease of the unconventional person.

If you see lessons in all of your mistakes then you can conclude that mistakes are worthwhile experiences that add to your growth.

The great in spirit knows the symphony of loneliness. In loneliness, silence speaks and from silence, holiness manifests.

Be aware of those who are agile to exploit your weakness.

February 11

I am a red rose whose petals are being unfolded. Soon, my fragrance will permeate the universe.

Oh desire, you make us possess what is not ours. Oh Greed you make us blind to our true possession. Oh vanity you are the opium of false hope.

Know what and who you need in your life, go after them and leave behind situations and people who can frustrate your dreams.

Today I had several casual discussions. One observation I made from these conversations is: there are certain persons who have never advised themselves but are always out to advise others. Charity begins at home, it is often said.

February 12

They came to me and say: 'go, get your childhood shoes and wear'. The truth is that my legs have overgrown those shoes. I have got a larger size now. The world tries to stagnate the living without realizing that spiritual growth is the sanity of the divinity.

Life is the simplest word but the hardest to live and understand.

Inspiration can come directly from God via Soul's power or light and from contact with angels, spiritual guides, Akashic records and spiritual avatars.

Contact with lower entities tends to give one a misinformation that seems right at first.

February 13

Time, space and place have no hold on a realized soul.

If I fail to accept the truth, if I get hurt because I know the truth and If I decide to be an embodiment of truth then I should be ready to get hurt in this world.

When you deal with your imperfection sincerely you would never know the thousand persons you must have inspired.

The inner senses just like the physical senses are bombarded by a jamboree of nonsense. The student of life must question and validate every form of psychic impression that comes to him or her before employing their use.

February 14

When I am ready God will send its presence. My preparation can be enhanced by constant effort in contemplative living.

Heroes pursue unpopular causes along the course of time. At the initial stage, they might be called fools.

Humans share same nature even though some might appear different in certain aspects. The student of life attempts to identify and experience this nature.

February 15

It is not always that I should wait for the descent of the divine spirit. I should also ascend to meet it.

To be just means to think rightly, say rightly and act rightly where ever we find ourselves.

The student of life seeks not mundane fame. Through his or her loving deeds, he or she remains alive in the heart of humanity even when he/she has passed on to the great beyond.

February 16

Show me the largest universe I will show you God. If you dare to make a miniature universe, I will stop you. Why? Man is one for it.

Know when to wait and when not to wait. Know when to act and when not to act. Discretion is still the hallmark of mastery and the dialect of balance.

Heaven and hell are subjected to our own interpretations. But our interpretations do not change the truth about their existence or nonexistence.

February 17

To see God's light and hear God's voice, I need to make God an absolute passion. Make a remembrance of God with every breathe o man.

Humans are subtly linked with each other. It is the responsibility of the fine mind to appreciate this link.

The soul is a master on its own. The spiritual adept can only point to Soul what it already knows; a kind of reminder.

February 18

All of this creation has one goal: God-realization

What God chooses to manifest to our physical eyes, it made as creation. What it elects to conceal from our physical sight, it reserves as spiritual.

Be happy about what you discover about yourself. If you find a defect, try to correct it by working on it. Be patient, the present is the best of what and who have ever been.

Practice, practice and do your spiritual practice. The greatest adept cannot make you a master. You must practice honestly to attain mastery over life.

February 19

Only spiritual awareness can firmly admit that thoughts, words and actions have their consequences or equivalent.

Certain things in the spiritual circle need not be innovated but several others need innovation. The spiritual student must have the right ability to discrete between what needs to be innovated and what does not.

Death can shake our faith in God. It can shatter our determination about life. We call it a loss because we are

selfish. When a person who had preached immortality lies lifeless we hastily conclude that this is the end. But, death is not the end. If we understand its internal mechanism—what happens to the real you during death, we will be glad to know that death is a beautiful process that liberates Soul from bodily prison and that proves immortality of Soul. Even then nobody wants to die, not until our appointed time. You and I cannot escape death, the great initiator and liberator.

Expression is a mandate that Soul uses to prove its existence.

To know divine love, we must start from understanding human love.

The visible realm is a pinhead floating in the gigantic sphere of invisible wonders.

February 20

A dream made by myself is better than one created for me by another.

We cannot streamline God to our whims but God streamlines us into fit vehicles for transmission of divine radiance.

Spiritual development eventually eliminates all false values which we had tenaciously adhered to as truth.

February 21

Spiritual growth is when I learn through knowing. True knowing is larger than me. It is the science of realizing the interdependence of creation and its dependence on its creator.

In us is the primordial force that examines the concept of good and evil. Some say good and evil exists. Others say these are just illusions. But do we as humans experience this good and evil in our earthly lives? If yes, then good and evil are actualities. The student of life learns to experience the difference between actuality and reality.

Riddles or mysteries can be low, average and high, all depending on the number of veils that blindfold us spiritually.

The mind and heart should not be used to negate God; they should be employed to prove its existence and power.

February 22

Self-discipline is the first rung on the ladder of any field. It is the last verb in any endeavour. Without it, we cannot even practice our religions or skills.

Civilisation has brought to limelight some higher laws of life. It has also enslaved the human personality to false values.

Humanity in this era has proved that it cannot define freedom, justice and equality even though she had had a fair share of spiritual justice.

Physical cleanliness is my obsession. I would have wished that this obsession extends to purity of my heart as well.

February 23

Life offers me the privileges to spiritual survival. To survive spiritually is to serve life without complaint and anticipation of reward.

Until the world is rid of hate, injustice, inequality, racism, ethnicism and religious bigotry it can never be truly free.

Those who love truth find it so sweet. It is those who are false in their hearts that finds it bitter.

There is a sublime potential in humans: to do good or evil. This prospect is translated into action by man's choices and decisions.

February 24

If it is salvation, it also needs personal efforts. If it is mastery over life, one needs to be a servant first. Service is not done out of inferiority complex. It should be done as an act of love.

Light and darkness respectively bear the burden of ignorance and illumination.

The physical, psychic and spiritual universes interlaced and interact maximally at an optimum point: the human species.

February 25

Many years of bloody history; Man feeds on animals. He has forgotten that animals are also souls on the track of spiritual evolution.

Every sense in a human being has its astral, etheric and psychic equivalent.

Even our thinking process is affected by the presence of polarity.

As humans, we carry with us a sphere of fluctuating states of consciousness. Through spiritual discipline, the spiritual student learns to develop these states to stability and switch to any one of them as occasion demands.

February 26

God has never left humanity alone without living teachers. It would be a calamity for humanity to be without guidance; not in this age where she has lost contact with the finesse of the divine. There is no 'last' in any system. Guidance is a continuous process because humans have the tendency to go astray just as they have the blue print to live just lives.

The human mind is inadequate to know and express the absolute reality. It only expresses relative realities. Believe what you feel is the truth but this does not mean what you believe in is the truth. Because of our make-up, our experience of truth unfolds as we develop spiritually.

February 27

The ocean has just merged with the drop. The beam has just been absorbed by the sun. But the beam is still the beam and the drop is still the same drop. This is the razor edge wisdom.

The concept of unity with the divine has its merits and demerits. No matter how adept we are in spirituality we still know there is someone that created us. So let us feel a sense of unity but also let us avoid saying: 'since am in attunement with God's power, I am God'.

In chemistry, there are different kinds of bonding. Some molecules bond in twos, others in threes, fours and fives. The same applies to human beings in their relationships.

February 28

The turbulent mind cannot lead me to God. In the stillness of Soul, man knows himself and he who knows himself has taken the first step to know the secrets of the divine world.

It is suicidal to meet God face to face. Even the purest of humans crack from the intensity of God's presence. Without the whole, the parts are not composed. Without the parts, the whole cannot exist. The spiritual student holds onto that point where the whole and parts enjoys equal relevance.

February 29

Only when I have paid my debts can I truly earn the right to life's choices now or in the hereafter.

Do not act on any impression perceived or verbalized without subjecting it to the scales of love and wisdom.

Imagination is a bird flying without wings. It is a reality of the inner dimension and a precursor to intelligence.

Only the curiously observant can see the colours of life in the dawn.