



Love Me with your mind

Sanctify every word and deed by filling it with the Love and the Name of your favourite Lord... The body becomes healthy by exercise and work. The mind becomes healthy by remembrance and contemplation of the Lord through regular, well-planned discipline, carried out joyfully. This is the secret passage to win the Heart of the Lord, to realize Him quick and fast. SI 29.10.08



Love Me constantly throughout the day. *No spiritual study or sadhana can help to purify one's heart, unless one makes the effort himself. And when the heart is purified, it becomes a worthy abode for the Divine. Whatever you do, you must regard it as a duty done without any motive of self-interest or selfish gain. It is only when all actions are done as offerings to the Divine, will they become sanctified and liberating. Through desire filled actions we take birth, through desire-less actions we can attain freedom from re-birth. SI 28.06.08*

Love Me in each action. *Even when you are engaged in your daily chores, you can convert them into worship of God. While you are sweeping the floor, you can deem it as clearing your heart of all impurities. All work should be done with a pure heart filled with devotion, just as cooking must be done in a clean vessel. Whatever good you may do without a genuine feeling of love is of no use. It is love in a pure heart that transforms work into worship. SI 2.11.08*



Love is in you, in all, everywhere, at all times.

Make every effort to recognize the Divinity in everyone. Though God is present in everyone, you search for Him elsewhere, and thus waste time. Wherever you see, there is divinity in this world. It is because of the Divinity within that you are able to speak. Is it not sheer madness to search for God in the external world when you have divinity within you? You are the embodiment of Truth and Love. So, do not hate or harm anybody. Hurting others amounts to hurting your own self. You will become Divine when you realize the oneness of all human beings. You belong to the same Universal family. Such being the case, why should you give room for hatred and conflicts? Love everybody. Love is eternal, immortal and nectarous... Never allow such evil qualities to enter your heart for God dwells in it. SI 23.03.08



Work and worship.

You must always remember the two great principles work and worship, and follow them every minute of your lives. Whatever job you take up, do it to the best of your ability. Do your duty to the best and to the utmost satisfaction of everyone concerned. Even in your home, you must discharge all your obligations and responsibilities. SI 7.09.08

Work hard. *The world is a furnace and factory. You must shape your destiny through honest and untiring efforts. If you take up this challenge and spend your allotted years, skills and intelligence in a purposeful activity, then you are really entitled to the status of Karma Yogi. From dawn to dusk, you must utilise every ounce of your energy in work that is beneficial to yourself and the people of the country. You should not waste time in wasteful habits; you must devote your strength and stamina for productive aims. SI 2.06.08*



All work is God's work.

Whatever you do, deem it as God's work. This can be applied to every ordinary act in daily life, whether it is sweeping the floor, cooking or cutting vegetables. Every one of these acts can be turned into a spiritual exercise by the spirit in which you do it. Install the Divine in your hearts and carry on your duties with devotion and dedication. SI 15.08.08