

Early in the mornings for all of you

Sit motionless. Do not grumble of bad environments. Create your own mental world and environments. Build up your character properly. Establish virtuous healthy habits. Understand the glory, splendour & Power of God, who is at the back of your mind, thoughts, will and memory. Keep your body strong and healthy through regular exercise. Become a Spiritual Hero. Shut out the doors of the senses. Still the thoughts, emotions and feelings. Sit motionless and calm in the early morning hours. Have a receptive attitude. Go along with God. Enjoy peace in the silence. How I like these golden rules which have come out from some Divine lips.

yours as ever
Lakshmanjee