



Day 5
March 29

Love As
A Feeling
Is Non-Violence...
If You Can't Help,
Don't Hurt



BE DIVINE...SEE AND SERVE DIVINITY

INVOKE, EVOKE, INVOLVE, EVOLVE

FROM EXTERNAL TEMPORARY TO INTERNAL INFINITY

A heart saturated with the love of God can never entertain thoughts of violence. What is the reason for the ubiquitous existence all over the world of violence, discord and disorder? It is the absence of the feeling of spiritual oneness of all beings.

- Baba

- The Universe is living and breathing. Every bit in the Cosmos is abounding with feelings ever so palpable.
- All living beings have a spark of the Divine Spiritual Energy and are participating in the Dance of Life, and so are we all relevantly intertwined and interconnected through an invisible fibre held together by that Unseen Supreme Force known as the Creator.
- When this awareness sweeps us, as our Beloved Master wanted it to, then we begin to feel for all life forms.
- When this feeling of love overwhelms us, we do not participate in hurt or harm of any being through our thoughts, words or deeds as expressed by Bhagawan time and again.
- **The least we can do to please our Lord is - Watch our Words, Actions, Thoughts, Character and Heart, for that is when we desist and resist from hurting ourselves and others. For...there are no 'others'...we are all one.**
- **As our Beloved Lord counsels - Non Violence does not mean merely not injuring a living being, you should not harm anyone through your vision, hearing or talking.**



- What is the greatest impediment in the practice of Ahimsa? Ego...when we are deluded to identify wholly with the body and not with the soul as the Supreme Truth of all that exists, we resist and desist to follow Non-Violence.
- We must be so inclined to adopt tolerance, fortitude and equanimity. Inclination is the deciding factor for expansion of consciousness to adapt to the loving feeling of Vasudaiva Kutumbakam.

On this day, let us get lovingly involved in Acts Of Random Kindness and -

Share A Shower Of Prema And Enduringly Blossom As Bhagawan's Premaswarupulara.