

How to Create Miracles in our Daily Life

Beautiful World

Oswald Pereira

The world is full of lovely, loving, beautiful people. Don't let a miniscule minority of so-called bad persons spoil the party. Let us not shun the party poopers, but invite them instead to join the party.

When we learn to type, we practise with the line, 'Let all good men of the world unite and come to the aid of the party.' Let's make this typing lesson a slogan in our lives.

Positives

If we look at the positives, we will see that the world is a good place to live in. The sun shines every day, the moon lights up the darkness of the night and the stars have been shining forever in the skies. No doubt, we have ups and downs in our lives and we often talk of our bad luck. But if we count our blessings, we will realise how lucky we really are.

Negligible Evil

I don't deny that there is evil around and there are so-called bad persons. But they are in a miniscule minority, barely a fraction of the good people. We often think that the might and power of evil is stronger than the good. That happens when we cloud our outlook with negativity. But it is in the law of nature that good always triumphs over evil in the end. You just need to have faith in yourself, your near and dear ones and the world around you.

Loving Neighbours

We complain about our neighbours. But if we do a reality check, we will soon realise that we have more neighbours who love us than those who hate us. Loving and giving begins at home. When we love and give enough at home, then we can extend that love and giving to our neighbours. And rest assured, your neighbours will reciprocate in equal measure, if not more, sooner than later.

True Givers

We've seen enough proof of the truly giving nature of people around us during many natural calamities like earthquakes and floods. There are many true givers who are more keen to give than to receive. Believe me when I say that there is great joy in giving. It is an opportunity given to us to share not only our material possessions, but more importantly,

love and knowledge. When God gives, he doesn't ask us for anything in return. So, when we give, we should not expect anything in return. We don't go to heaven by giving, but if we all learn to give, this earth could seem like a heaven.

Happiness and Bliss

In the *Bhagavad Gita*, Krishna tells Arjuna that no man can know happiness without peace. But to experience peace, we need to prepare ourselves to receive it. So it is we who are responsible for peace and happiness in our life. Once we realise this, peace and happiness will flow in our lives like a never-ending spring, making us jump with joy. The famous poet John Milton said, "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven." This is, however, an incomplete truth. The real and complete truth is that it is the spirit that rules the mind. With a spirit full of love, optimism and calmness, heaven is a feeling that is within us all the time. The right word is, perhaps, bliss.

Love, Forgiveness and Happiness

When we love ourselves, it becomes easier to love others; and to forgive them if they have done us any harm. Pure happiness is achieved when you forgive a person, because you then detoxify yourself of all negative energy, free your mind and purify your soul and body. Love, forgiveness and happiness is a triple bounty bestowed on us.

These are qualities that help us to transcend our humanness and get closer to divinity.

Boundless Grace and Goodness

As so much of positive energy, love, compassion and kindness surrounds us, don't you think that the world is a place with boundless grace and goodness—a world that gives us great cause for celebration? But it is a celebration that never ends, because grace and goodness are not like a piece of cake that is eaten, digested and forgotten. Grace and goodness can't be measured in quantities. These are infinite and inexhaustible attributes that no power on earth can destroy.

God's Blessings

Behind all the beauty and goodness is God's blessings. The Supreme Being has blessed us with Divine Grace and showers us with unconditional love. God is here, there and everywhere...in all things big and small. Every moment that we live is a blessing from God. Every drop of water that we drink is a gift from God. As poet Kabir says, we can find God in the "tiniest house of time...God is the breath inside the breath."

Why This World is Beautiful

Dr Kaity Cama

When Shakespeare said that all the world is a stage and all men and women are actors, did he understand the truth and profundity of his own words? For indeed this world is a stage where we are all performing in different roles.

At subtler levels, we know that though we are here in this world, we are not really of this world. Every religion has always told us this truth.

As spiritual beings, then, without form or substance or gender, how do we experience what we call material life? How can we inhale the heady fragrances of flowers? How can we feel the texture of the desert sands? How can we enjoy sunshine, rain, the changing seasons? How can we experience companionship and interactions when in the spiritual realm we are all one? And we received this divine gift, this marvellous human body with physical senses.

The Creator, with unconditional love, gifted us the means to experience the world of matter, to experience companionship and interactions. that, by itself, is a miracle. Even today, scientists cannot explain how from a single cell there emerge billions of cells of different types and they are unable to duplicate the manufacture of a single human body.

Then there is the earth itself. What infinite intelligence holds it in place, orbiting around the sun? There is constant creation going on in nature. Every few years, scientists discover yet another new planet. The miracle is that this seemingly reassuring material world is just fluctuations of intelligence and energy, stuff which is invisible to the human eye, and yet through the marvel of our brain and nervous system (which again are fluctuations of intelligence and energy), we are able to perceive it through the physical senses. And so, with the divine gift of a human body, we experience these fluctuations of intelligence and energy as 'matter'.

At higher states of consciousness, we do perceive this world as a stage with all of us acting out roles. And even though through our personality we change our original 'script', it is a superb experience.

If we study the evolution of mankind, we discover through our intellect how far we have evolved as humans. Of course, we still need to evolve spiritually, because we got so interested in material life that we put aside the soul's original desire, but thankfully now, more and more humans are turning back to spirituality.

This world is a beautiful place because we learn about relationships and interactions with others. In fact, it would be no exaggeration to say that this world is a place of relationships... relationships between human and human, relationships between corporate and corporate, relationships between countries. And just look at the relationship within the human body itself—how everything is really interlinked. Let's also look at the relationship of the mind with the body, of the body to this earth and to the universe. Everyone and everything is connected. There is nothing that is isolated in the world. We are citizens not merely of a country, but of the universe itself.

Those of us who are too deeply immersed in material life may argue that the world is full of conflicts and disturbing factors. And those of us who see the bigger picture will respond that conflicts and disturbing factors are not caused by the world, only by those who have yet to evolve to higher consciousness, where everyone sees everyone else as their own self, where the realization comes that 'hurting you is hurting my own self', where we know there is no 'separateness', all are just one. For every conflict, every hurt, there are at least hundred acts of kindness in the world.

Beauty is as beauty sees. When we seek the beautiful in people, it really does show itself and this world becomes a miraculous, glorious experience for us.

We arrived here with nothing and we will leave here with nothing to take back to our spiritual abode. As long as we remember this, we will balance our earthly life with spirituality and then be able to see with gratitude in our heart, how very, very beautiful this world really is.

To continue reading buy the book for 325