

Inner Harmony



Review your activities of this day up to this point. Recall to your mind the high points of this day, reflecting upon those experiences which have left the deepest impression with you. As you review them, quickly examine them as to whether they were of a positive nature, or negative in concept and attitude. Were they helpful to others, to yourself, or did they cause harm.

Be as honest with yourself as you possibly can evaluating each event objectively and carefully. Upon those conditions in which you have produced some form of negative result or vibration or harm, immediately work to correct this condition by selfless prayer. It may be that the conditions are such that direct amends are necessary, unless to do so shall cause more harm, whereupon additional prayer work is helpful and needed.

If you persist in this practice, you shall quickly find that beneficent changes shall be wrought in your behavior and in your relationships with others. Almost immediately you shall notice a more vigilant observation of your thoughts, both entertained and expressed. Obviously, this leads to a more careful choice of words and actions.

The effects of these experiences are buried in the subconscious and their ultimate effects, sooner or later, are expressed in some appropriate form in your outer life. Essentially, this phenomenon is a form of the karmic processes. Thus, this form of conduct is still part of you, the deeper part of our consciousness, and the wrongs it has wrought cannot be corrected by anyone other than you.

Utilizing this practice of daily review, you are afforded a practical means for immediate recognition of the wrongs you may have committed and at a time when they can more easily be corrected. By doing this, you keep them from infecting the subconscious strata of your being. Remember always, beloved brethren: "As you sow, so do you reap." What seeds you plant shall produce their fruit. Weed out the tares and the thorns that the fruits of our harvest may be sweet and pure, blessed by the love of our Father-Mother God.

The extent to which peace and happiness may be a part of your life is determined primarily by the extent to which you are able to put into active practice in your daily living the principles of Love and Brotherhood and Service.

~ Azrael, Wisdom for the New Age