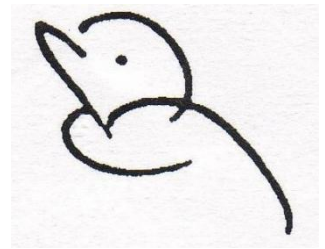




Our Quality for the month

August 2015



~ ASPIRATION ~

Aspiration is a thrilling product of the inner world.

What is aspiration? A
climbing flame.

~

May my loving
heart Aspire.

~

The aspiring heart Loves
invention.

~

Aspire, aspire,
aspire Always to be A
choice instrument of
God And to remain
so Forever and forever.

~

Aspiration can solve All
human problems.

~

Aspiration Teaches me
How to climb upward.

~

Aspiration Shortens
unimaginably Our God-
realisation-road.

~

Computers starve My
aspiration to death.

~

Criticism Is our immediate
Aspiration-loss.

~

Our inner
aspiration Fortifies Our
outer dedication.

Aspiration comes From
inspiration.

~

Visions come From
aspiration.

~

An aspiration-heart Needs
no special place To
aspire.

~

Aspiring is A climbing and
smiling process Of life.

~

God blesses Each heart
With abundant aspiration.

~

An aspiring seeker Knows
how to inspire others.

~

Each aspiration-cry
Strengthens My heart.

~

The soul Decides
everything For the
aspiring heart.

~

Enthusiasm energises The
aspiration-life.

~

With aspiration, I enrich
my inner life.

~

Aspiration Is not for an
hour — Aspiration Is for
every second.

~

Aspire, seeker, aspire!
Breathlessly aspire! Do
not allow Your God-
manifestation-dream To
expire.

~

Silence strengthens And
enlightens My aspiring
heart.

~

Any aspiration Will
eventually reach The
highest heights.

~

Aspiration means God's
Grace guaranteed.

~

The heart itself Is a
mounting Aspiration-flame.

~

Never neglect Your
aspiration-heart-cries.

~

No aspiration, no
realisation. What is
aspiration? Aspiration is
man's conscious cry to
climb up to the Highest, to
run the Farthest and dive
the Deepest.

~ ASPIRATION ~



Question: What is aspiration?

Sri Chinmoy: Aspiration is our inner cry. Deep within all of us we have this aspiration, this mounting inner cry. We start our journey with aspiration. In the beginning when we aspire, deep within us we feel that we have to realise God. When we realise God, we have to feel the necessity of revealing God to mankind. This again is aspiration, on a higher level. There is no end to our aspiration.

Aspiration is the inner flame that is burning constantly, rising toward the highest ultimate Goal. Constantly it is illumining our consciousness and the people who are around us. It is illumining within and without. And in the process of this illumination, we see that today we will realise God, tomorrow we will try to reveal God and the day after tomorrow we will try to manifest God. But there is no end to our realisation, revelation and manifestation, precisely because aspiration itself is an eternal inner flame.



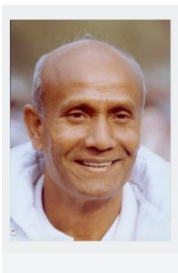
Exercise to increase aspiration

How can you have more aspiration? You can have more aspiration if you sincerely feel the need for it. When we lead an ordinary life, we want to increase our material possessions, our earthly possessions. Because we cry for earthly possessions in the outer life, eventually we do get them. Similarly, if we want to increase our aspiration, we have to cry inwardly. If we have the inner hunger, the inner cry, then it is bound to be fulfilled.

Look at a flower. When you look at a flower and appreciate the flower, what is it that you are appreciating? You are appreciating the beauty of the flower. The beauty of the flower is carrying God's Aspiration, God's Vision, God's Compassion — many, many good qualities — and that is why you are soulfully appreciating it. But the same beauty that you are appreciating in the flower is also inside you. So when you start appreciating the beauty that you have within, when you start appreciating the aspiration that you have within, at that time your aspiration is bound to increase.



Another thing you can do is imagine that you have a small flame, a tiny flame, inside your heart. Just visualise it. What is this flame doing? It is trying to climb up. It is trying to illumine the unlit part of you. If you can appreciate that flame, then your aspiration will increase.



Sri Chinmoy (1931 – 2007)

Author of over 1 600 published books on meditation and spirituality.

For more information visit: <http://www.SriChinmoyLibrary.com/>