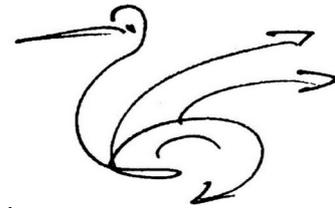


Our Quality for the month October 2016:

# REGULARITY



*Striking is the difference Between Regularity-power And Punctuality-light.*

*Regularity shows me God's Face Eventually. Punctuality makes me God's Heart Immediately.*

**D**iscipline means  
Regularity, Year after  
year.  
~

Regularity runs.  
Punctuality sprints.  
~

**D**iscipline and regularity  
know That our God-  
destination  
Is not very far.  
~

Regularity is the  
knowledge of the mind.  
Punctuality is the wisdom  
of the heart.  
~

**W**hen a sincere seeker  
Does not aspire regularly,  
He is bound to be  
engulfed By failure-  
sadness.  
~

**W**hen we do not pray and  
meditate on a regular  
basis, We get the real  
mixed up with the unreal.  
~

**Y**our meditation-  
regularity-ride Will  
definitely take you Along  
your liberation-progress-  
highway.  
~

**P**erfection dawns Through  
regular practice In a  
punctual manner.  
~

**M**ay my heart become  
A regular  
Peace-dream-lover.  
~

**M**y Lord feeds my heart  
Most happily and proudly  
  
On a regular basis.  
~

**W**hen I live inside my  
heart, God visits me On a  
regular basis Early in the  
morning.  
~

**B**efore I used to frequent  
The mind-market. Now I  
am a regular Heart-  
garden-visitor.  
~

**W**hen I pray and meditate  
regularly, God comes  
down And charms my  
eyes and my heart.  
~

**B**e pleased with yourself  
Constantly. God will grant  
you His Blessing-Pride  
Regularly.  
~

**B**e regular, be punctual  
And be all determination.  
You are bound to  
succeed!~

**A** regularity-attendance-  
seeker I appreciate.  
A punctuality-attendance-  
seeker I admire.  
~

Regularity Is of paramount  
importance In our God-  
worship-prayers.  
~

**W**ithout regularity In our  
spiritual practice, Our God-  
hunger will decrease  
And may disappear.  
~

**W**hen I do not Pray and  
meditate regularly, I feel  
God is far from me —  
Farther than the farthest.  
~

If you regularly do Your  
inner speed-work, Then  
your outer life Will be most  
powerfully fruitful.  
~

**P**ray and meditate soulfully  
Plus regularly. You will  
automatically get The  
bumper crop Of inner  
capacity.  
~

**D**o you need happiness?  
Then do just three things:  
Meditate regularly. Smile  
soulfully. Love untiringly.  
~

*Excerpted from the writings of Sri Chinmoy*

For more inspiring quotes, visit [www.GenevaMeditation.ch](http://www.GenevaMeditation.ch)



# REGULARITY



## **Question: What does Yoga mean for you and what is the benefit of meditating regularly?**

*Sri Chinmoy:* Yoga is a Sanskrit word. It means "union with God". Anything that we practise regularly is bound to give us satisfaction and progress. Irregularity can never give us satisfaction.

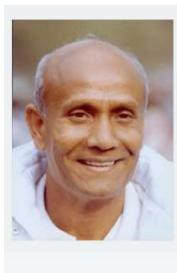
## **Question: Why do you stress regularity in the spiritual life?**

*Sri Chinmoy:* Regularity is needed. We eat food regularly in order to strengthen our bodies. We may eat almost the same food each day, but we have to eat regularly. Meditation is our spiritual food. In the spiritual life one has to meditate regularly every day, and if he belongs to a spiritual centre, he has to participate in its activities regularly. This will strengthen his inner being and ensure his continual progress.

If you meditate regularly for five months, six months, or a year or two, then automatically meditation will become spontaneous and natural. After a while, at such and such an hour, you will feel compelled to meditate. You will feel that meditation is your soul's necessity and the inner urge to meditate will never be able to leave you. It will always inspire you and energise you. Early every morning when it is time for your meditation, your inner being will come and knock at your heart's door.

***Caller:* I have tried for several years to become a more spiritual person in my own way, with very little knowledge of it. I had one or two experiences which have frightened me. I don't understand them and yet I believe in them. I would like to ask Sri Chinmoy how I could continue to further my knowledge and develop myself so that I could begin to experience more.**

*Sri Chinmoy:* It is a matter of sincerity — how sincerely, how earnestly and how desperately you need to go beyond the experiences that you have already had. If you continue practising spirituality, which you have been doing for a number of years, then I assure you that you will make progress. It is a matter of regular practice. You have to practise regularly, soulfully and devotedly what you have been doing it is your regular practice that eventually will give you higher and deeper satisfaction.



### **Sri Chinmoy (1931 – 2007)**

Author of over 1 600 published books on spiritual topics.  
For more information visit: <http://www.SriChinmoyLibrary.com/>