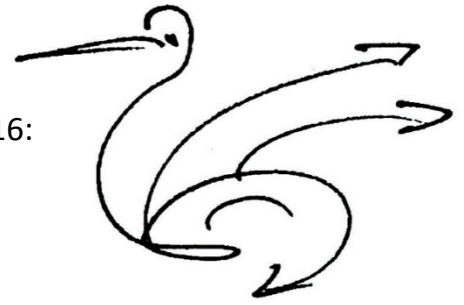


Our Quality for the month July 2016:

# VALUES



*Only love can set the proper value of everything.*

**Be not a fool!** No spiritual values Can ever be obsolete.

~

**Only a gratitude-heart** Knows how to value Each and every human being.

~

**A sweetness-heart** Is of matchless value In the spiritual life.

~

**We must value** The love and concern That every minute has for us.

~

**What gifts do I value?** A pure heart and a sure life.

~

**A sincere seeker's** Spiritual values Can never be gotten At a discount.

~

**I must value each moment,** For each moment is a golden opportunity for me to realise God.

~

**If we live in the heart,** Only then can we value Our life.

~

**We must value** Time and speed If we really want to succeed in life.

~

**To know the value of love** is to buy the Kingdom of Delight. To know the value of Delight is to buy back one's own True Self.

~

**God has given us** Both inner wealth and outer wealth. The outer wealth we value. The inner wealth we do not value.

~

**In the inner world,** Only love-currency is valued.

~

**Every day** You must value Your self-discipline-life.

~

**Faith always values** Everything that is divine in us.

~

**If we do not give due value to forgiveness,** We can never be truly happy.

~

**If we most sincerely value** Our soulfulness All the time, Then we shall definitely acquire Egolessness.

~

**When and where** Soulful qualities are unreservedly valued, Heaven immediately descends.

~

**If you do not value** Your spiritual life, Not only human beings But even God will be unwilling To value you.

~

**We must value spirituality** Infinitely more Than anything else.

~

**We cry, we smile.** Both crying and smiling Are of supreme value.

~

**If you do not value** Your earthly life, Who will and who can?

~

**Each seeker must learn to value** God's choice Hour To make the fastest progress.

~

**God tells me** That my gratitude-heart He values infinitely more Than I can ever imagine.

~

**Because I truly care for perfection,** I value my inner feelings That change and perfect me.

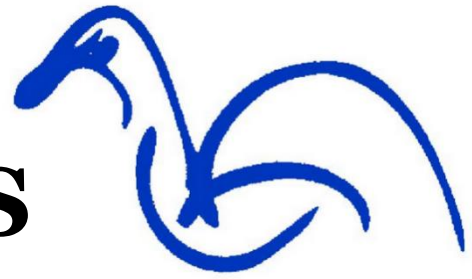
~

**Our life-boat** Can never capsize if we value Our heart's sunrise.

~



# VALUES



**Question: There is a growing sense that spiritual values are necessary if we want to achieve peace or even survive in the future.**

*Sri Chinmoy:* Spiritual values are of paramount importance if we want to achieve peace, for it is spirituality that consciously embodies peace. Without peace there can be no future.

**Question: Can you suggest some techniques for increasing one's heart-power?**

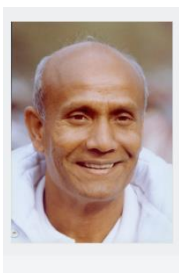
*Sri Chinmoy:* Cry, cry. Think of a child. A child knows how to cry. In our inner life we must cry. Our difficulty as human beings is that we do not take anything seriously. We hope for name and fame, but if we see that we must climb up a tall tree in order to get what we want, then we lose interest. We are here for thirty, forty or sixty years. But if we do not get something at once, we feel that we should not try for it. It is the same with God-realisation. We have to know that the thing that we want is all-important. Then only will we value it. In the spiritual life, we want God; but before we realise God, we have to do a few things. If we feel inwardly the value of God-realisation, then the so-called hardship that we go through is nothing. **If we value the Goal, then we are bound to walk along the path.** The road is long and arduous; but if we constantly keep the Goal in our view and continue walking along the road, we will reach our destination. **If we really value the Goal and cry for it, there will always be some way to reach it.**

**Question: How can we attain selfless love?**

*Sri Chinmoy:* You can attain selfless love by giving proper value to the object of your adoration and devotion. If you have a goal, and if somebody or something embodies your goal, then you have to feel the necessity of offering due value to that person or thing. When you give value to your chosen deity or to your Inner Pilot or to your Master, then automatically you develop and increase selfless love. If you value the person or thing soulfully, devotedly, unconditionally and constantly, at that time, your own life of aspiration expands, and while it is expanding, you feel the birth and growth of your selfless love.

**Question: Why is it so difficult to progress or excel in sports?**

*Sri Chinmoy:* In life, fortunately or unfortunately, nothing is easy. If things are easy, then we will be satisfied with our self-complacent life. Like a frog, we have to jump, jump, jump! If things are easy, if we always succeed, then we won't value our capacities or appreciate our achievements. At every moment we must value not only our successes and achievements but also the efforts we make. **We must value at every moment not only what we become but what we are doing in the process of becoming.** We cannot separate the effort from the result.



**Sri Chinmoy (1931 – 2007)**

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

Excerpted from the writings of Sri Chinmoy  
For more inspiring quotes, visit [www.GenevaMeditation.ch](http://www.GenevaMeditation.ch)