



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.

Discipline means
Regularity, Year after
year.

~

Regularity runs.
Punctuality sprints.

~

Discipline 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.

~

When a sincere seeker
Does not aspire regularly,
He is bound to be
engulfed By failure-
sadness.

~

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

~

Your meditation-
regularity-ride Will
definitely take you Along
your liberation-progress-
highway.

~

Perfection dawns Through
regular practice In a
punctual manner.

~

May my heart become
A regular
Peace-dream-lover.

~

My Lord feeds my heart
Most happily and proudly

On a regular basis.

~

When I live inside my
heart, God visits me On a
regular basis Early in the
morning.

~

Before I used to frequent
The mind-market. Now I
am a regular Heart-
garden-visitor.

~

When I pray and meditate
regularly, God comes
down And charms my
eyes and my heart.

~

Be pleased with yourself
Constantly. God will grant
you His Blessing-Pride
Regularly.

~

Be 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.

~

Without regularity In our
spiritual practice, Our God-
hunger will decrease
And may disappear.

~

When 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.

~

Pray and meditate soulfully
Plus regularly. You will
automatically get The
bumper crop Of inner
capacity.

~

Do 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



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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/>