

FIVE SUTRAS FOR OUR AGE

Sutra is a Sanskrit word, meaning aphorism—a brief expression of wisdom, a deep truth, a motivating principle to live by. *Sutras* have been used historically in Buddhist, Hindu and Jain traditions, but are present in many other traditions—for example, the Jewish tradition (e.g., each of the ten commandments), Christian tradition (e.g., “Judge not that you not be judged”), and various societies (e.g., “Do unto others as you would have them do unto you”).

As I asked the questions—“What are meaningful *Sutras* for *our* age? What *Sutras* would speak to those who today are dedicated to being fully free and living in truth?”—these five sutras came into my awareness. I offer them to you for your information, consideration, inspiration and/or awakening. Please feel free to use them as you feel moved:

1. Love yourself unconditionally, with all your heart and without exception!

We are utterly beautiful, precious, sacred and perfect. In truth, our human self—our body, feelings, thoughts and soul—is an exquisite reflection of the divine. We deserve every respect, honor and reverence, most of all from ourselves.

Open your heart. Pour endless love into your body; give total respect to your emotions; offer untold affection to your mind; shower limitless devotion on your spirit. In short, love yourself—especially those aspects that you may find unacceptable—with reckless abandon. Every minute of every day.

2. Be at peace with every aspect of the world!

When we look around us through the duality-based eyes of our mind, we may be troubled by what we see. The world looks different, though, when we see it through the eyes of our heart and soul.

What your *heart* perceives is a world of beauty, loveliness, brightness; in short, the Garden of Eden. What your *soul* sees is a world that is divine, perfect, miraculous and awesome. Your heart and soul are always at peace, deeply in love with this world and its apparent storms.

Find the eye of your world’s storms within your loving heart, your all-knowing soul. Within that sacred eye, you can treasure, embrace and be at peace about everything.

3. Allow grace to shower its gifts on you every day!

Grace, aka divine and endless Love, is *everywhere*—inside us, outside of us, throughout all creation. If we don’t notice it, it’s only because our preoccupations are focused elsewhere. Yet, we were conceived in Grace’s love; we’re nourished by its gifts; we’re brightened by its light; we’re empowered by its might, every day.

Say a powerful *YES* to Grace. Welcome its unexpected gifts and invite its endless surprises into your daily life. Bathe in its supportive blessings. Open to its divine interventions. Awaken yourself to Grace’s expressions of love.

4. Find and take pleasure in everything!

Everything in creation is for our pleasure—everything! The night sky, a gentle breeze, love, creation itself! When we realize this truth, we enter into a special zone, a zone reserved for those who see through the illusion of pain and into the unbridled truth of life. In that sacred zone, we are free to enjoy, have fun and be pleased by it all.

Open yourself to finding this unique zone, where creation’s true nature will show itself to you and where you can finally enter into the intended pleasure of this Garden of Eden into which you have been so perfectly born.

5. Find and claim your true identity, your true self!

Who are we? Traditional responses say that we’re human beings on a search for our bigger, spiritual nature. In truth, *we’re everything*—perfectly divine, vast light, limitless love, immense power, everything in creation and the ‘nothing’ predating creation—including being human! This is our true identity, who we really are.

Grasp this larger self; accept this magnified version of YOU. Own yourself as everything and nothing, and all that lies between. Step off the path that has been leading you to this real self, and claim yourself as this giant-sized presence, this divinely expressed version of itself. Be yourself—your real self, your true nature, your truth.