

Nurture Your Beloved Pure Spirit!

When we are asked how old we are, we count the years we have lived. We respond thirty, forty or fifty instantly! But did you know that we also have an age which is beyond the calendar and is measured by our soul growth. The more we train and nurture our souls, the more we can connect with our true essence.

Yes!

Regardless of our chronological age, we all have a child inside of us: our beloved **Pure Spirit!** This beloved child is the innate nature and divine soul **God** has entrusted to us. As you know, a child needs good nutrition to grow, but how should we nourish and nurture our **Pure Spirit?**

This child is a spiritual entity, not a physical one; therefore, it needs **super-physical** and **spiritual** food to grow. Our spirit is a gift from God, so to strengthen it, we must bind ourselves to God who is the source of all spiritual nourishment. If we forget Him, we actually abandon this vulnerable child, making it feel helpless and lonely.

Sometimes, we get so overwhelmed with everything going on in our lives that we forget we are to take care of our thirsty and hungry soul, which needs to be fed and protected. On the other hand, when we talk to God, we actually connect with the source of true spirituality, so the Pure Spirit feels calm and secure.

However, whenever this child gets tired, angry and irritable, we take refuge in tranquilizers, yoga or other recreational activities, unaware that these provide temporary relief and are not the ultimate cure. The only real cure is connection with the source of spiritual nourishment, that is, God. Now how shall we communicate with God?

One way to nurture this beloved Pure Spirit is using our body organs, one of which being the tongue. Everyone is aware of the power of repetition to get good at something and our tongue is a highly efficient tool to boost this power. If we are always thankful to God and remember Him in our daily lives with a grateful tongue, we will connect to this rich source of peace slowly, but consistently. Our ears are the next useful tool. The more we hear good things, especially things which make us remember God, the more we enjoy the wonderful feeling of peace.

Let us dig a little deeper into this for a moment. There is still another essential organ through which we can connect with God, and thereby bringing eternal peace to our Pure Spirit: **the heart!** When we remember God in our hearts round the clock, we can achieve spiritual growth. In fact, if we do not forget God when we go to bed or work, or even while we are upset and depressed, we will be saved from sorrow and anxiety. Obviously, it takes practice. Just like a toddler who can't speak well at first, our Pure Spirit cannot communicate with God either. However, it learns gradually. The more it develops, the more it experiences a delightful sense of tranquillity.

God loves us, and our soul loves Him as well. However, this beloved child is occasionally distracted by worldly pursuits and forgets to seek boundless beauty and love elsewhere. Our love for our beloved Pure Spirit is, in fact, that true love which connects us to God. That is to say, failure to remember God is due to our failure to remember our true essence, i.e. God. He is the absolute reality and the only true source of life, so without Him, we are nothing and feel empty inside. If we come to realize that our true worth is in direct proportion to the growth of our soul which, in turn, can be found in the degree to which we get close to God, then we will never forget God in any circumstances and even in private.