

# MAY 2021

Thoughts selected from the book “Messages for your transformation” (MENSAGENS PARA SUA TRANSFORMAÇÃO), by Trigueirinho; Editora Irdin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Seek within yourselves the nucleus that knows the Truth beyond appearances.
<b>2</b> The critical spirit loads the mind with tensions that harden the brain, affecting the sensibility.	<b>3</b> With the power of decision, we can eliminate guilt and practice opposite deeds.	<b>4</b> Error does not exist, just an acquired experience, a learning, from which comes maturity.	<b>5</b> Guilt arises when we have not yet expressed the potential that exists within us.	<b>6</b> When we commit a mistake, our action that follows is what will show us if we recognize it as such.	<b>7</b> Detachment, the key to true freedom.	<b>8</b> Necessary, more than just good deeds that balance out negative deeds: is the necessity of neutrality when acting.
<b>9</b> Liberation comes from detachment from everything that it is done, felt or thought.	<b>10</b> It is in the heart that we can heal our attachments.	<b>11</b> In true healing, we move to the encounter with the divine essence within us.	<b>12</b> One who resents a loss reveals that they still have yet to defeat their own ambition.	<b>13</b> In the superior levels of consciousness, one finds the truth that takes into consideration the welfare of all.	<b>14</b> It is inner wisdom that steers the boat, both through rapids as well as in calm waters.	<b>15</b> Prayer without vigilance cannot take flight and conduct by its wings the worshiping being.
<b>16</b> Neutrality in the observation of ourselves is indispensable for transcendence.	<b>17</b> Quietness and recollection; a force that is known by few.	<b>18</b> Silence is an inner state in which there are no criticisms, nor desires, nor making accusations, nor interferences.	<b>19</b> The work of the energy of Love is not to feed the emotions, but to transfigure effectively that which is touched by it.	<b>20</b> To be able to achieve what is real, one must let go of that which is transitory.	<b>21</b> It is never too much to repeat that one must develop and deepen the expressions of love.	<b>22</b> Common human life is a mere game of dispersive forces, uncontrollable at times.
<b>23</b> One single action dedicated to the Creator is worth more than many actions realized by human impulses.	<b>24</b> True regret is an impulse to heal disharmonies caused by us in the past.	<b>25</b> It is faith which gives us the courage to penetrate into something unprecedented.	<b>26</b> That which we comprehend regarding the world is true in the levels of existence known by us.	<b>27</b> A flower is not beautiful from vanity nor for envious reasons, but in the praise of life.	<b>28</b> In order for the new being to be able to be installed, it is necessary to break up the crystalized structures that imprison the flow of energy.	<b>29</b> Prayer is indeed an instrument of service to the world and in order to be effective, it must be born from humility.
<b>30</b> Prayer allows one to discover and to better comprehend that which in fact sustains life.	<b>31</b> The offer of selfless service is a beneficial and balancing factor in a person's life.					