

## INTENTION AND LOVING OUR TRUE "I" IN OUR DAILY LIFE

"Really use your latihan, or feel your latihan. If you do that your latihan will not be without value..."

This is why you need to make what we call in Indonesia an intention. What is making an intention? To make an intention means that before we do something we have an attitude of being willing to do it and we are ready to let go -

If you do that God will be there, you will feel [God's power] spring up inside you. But if you do not ask for it, then of course you will not feel it.

This, brothers and sisters, is the technique or the way to do the latihan. What I am telling you here is not just an explanation that you have to listen to, but you have to practice what you have got so far...

...it can take some people a long time to understand what the latihan is. But other people, after just being opened or after just a short time, can receive or understand the latihan.

There are even some people – many in fact - who told me that they only felt and understood what the latihan really is after 40 years. 40 years is a long time! But others could feel it right after they were opened. In truth, this is up to the power of God to determine, because only God is all knowing.

So for us - the helpers - there is nothing we can do to make members speed up or complete the process quickly. It is impossible, because, we – the helpers here – are all still going through the process too.

The only one who can guide you, the only one who can lead you, is God, not another human. We helpers only accompany you. If for instance, in latihan you feel, 'Why do I feel that I am not making progress?' It is not because you need anyone else, it is because of your own state.

You do not pay enough attention to loving your true self that is inside you.

That is because you are so busy and you think about so many things that you do not make time to quieten yourself and contact your inner self, your soul. But in fact, your soul needs that time to develop.

Well, being human, if we do not eat we cannot live. The same is true for our soul. If we do not foster it, if we do not love our true self, we will not grow inside."

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