



### **Seeds**

What we see today may not be just the fruit of chance but the fruit of seeds planted in the past. Plant seeds of peace now and create a life of peace in the future.

### **Change the present to shape the future**

Even if we are liberated from time past, we can create imaginary chains in the future. We cannot enjoy contentment in the present when chasing the next desirable thing. We say "I'll be happy when...", "if only..." Fear and false forward-looking steals from our present happiness. With faith and determined effort we can make changes in the present that shape our future. The future is a house we build today, but cannot live in till tomorrow. God's love gives us the courage to see ourselves clearly and change ourselves now.

## Seeing With Spiritual Eyes

My eyes are the most powerful medium through which I, the soul, not only absorb information from the outside to the inside but also express myself to others from the inside to outside. **All that the soul possesses inside it or is made up of in the form of thoughts, feelings, attitudes, positive virtues, even weaknesses, in fact all personality traits, are expressed through my eyes to others and shared with others.** As I look towards others, my eyes can be used to shower others with pure love, peace, joy, power etc. and the same eyes, if not used appropriately, can shower others with anger, jealousy, criticism, hatred etc. My eyes also express whatever wisdom or knowledge I possess inside.

When I stay in the awareness that I am a soul, a spiritual being of subtle light, situated at the center of my forehead, my eyes are used to see others in the same way with a spiritual vision. This leads to my spiritual upliftment. When I stay in the awareness that I am a body, my eyes are used to see others in the same way with a non-spiritual or a body-conscious vision. This brings me down on a spiritual level. **A spiritual vision helps me see others with a sense of equality, instead of with feelings of comparison or competitiveness.** Usually, on a physical level, I create all sorts of impressions of another person from just one glance through my eyes, about their age, gender, looks, position in society, job, how rich they are, their dressing sense, caste, nationality etc. and many a times, very commonly, I make various assumptions about their personality or behaviour. In the state of soul-consciousness, that changes. Looking out I see souls, and I see them as my brothers, on exactly the same level as me, neither higher, nor lower. A spiritual vision reminds me of the original, positive qualities of each soul, instead of their present personality. It also reminds me that **each soul has incarnated from the soul world to play its various roles through different physical costumes in this unlimited drama on the world stage. Age, gender, appearances, status etc. which are visible to me today are just temporary ones. The same soul has been in the past and will be in the future in different physical costumes or roles, where all these have been and will be different and the same applies to me too.** This makes me rise above comparisons and I am no longer judgmental about the other.

## Soul Sustenance

### Carrying Forward Of Special Talents

Everything that an individual does i.e. a soul does using the medium of the physical body is registered in the soul as a *sanskara*. *Sanskars*, therefore, are the foundation of our present personalities and all our special talents and inclinations. There have been many famous personalities including artists, musicians, engineers, sportsmen, etc. who, before attaining phenomenal success in their respective fields, displayed amazing talents related to their respective field at a very young age. When and where could they have mastered these talents so well? It's obvious that **amazing masteries at a very young age are not inherited from our parents. These talents have been developed and brought into practice in previous births, as a result of which *sanskaras* of the talents are created inside the soul. These *sanskaras* are then carried into the next births, and are brought into actions in the new births.**

A more common day-to-day example is the following: A child is born into a family of doctors where, from the beginning, all efforts are made to mould and prepare him to become a doctor, according to family tradition. However, from an early age, the child shows strong tendencies to become an actor, starts to take part extensively in theatre activities at school and the talent starts manifesting itself. This example demonstrates that the characteristics a soul carries from previous experiences of previous births will take it in a specific direction despite attempts made by the family on the contrary. So in short, **genius is experience. Some think that it's a gift or talent, but it is the fruit of long experience of many lives.** Some are older souls than others i.e. they have been present on the world stage since a longer period of time and have covered a journey of more number of births and so know more. This kind of unlimited, broad vision of life provides us answers to many questions.

## Message for the day

### Happiness increases when given to others.

**Projection:** We usually expect others to give happiness to us. We rarely ever think of giving happiness to others. We don't usually get what we expect because the other person is also expecting the same from us.

**Solution:** Whatever the kind of person we only have to make sure that we continue to give happiness to others without any expectations. For this we have to increase our own treasure of happiness by continuing to be happy under all circumstances.