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Attitudes

When you extend pure love to everyone with selfless motivation that is an attitude of kindness. When you send good wishes and pure feelings to those who are in deep sorrow, that is an attitude of mercy. When you see the virtues rather than the weaknesses in people that is an attitude of compassion. When you bless and uplift someone even as they defame you, that is an attitude of forgiveness. When you tolerate a situation and take responsibility as well as give cooperation even when not appreciated, that is an attitude of humility and self-respect. Every second, every moment and every breath of your life is nurtured by attitude.

My Mind

It is said that the mind can be your best friend or your worst enemy. At every moment we have the opportunity to choose our company; thoughts which bring oxygen to the spirit or those who bring pain. If I am loyal to myself, I will continually strive to go back to my inner core of positivity. I will be patient and loving, and increasingly my mind will reside in this positive inner truth. When I am able to be loving and loyal to myself, I can then help others in this same unconditional manner.

The Five Spiritual And Five Physical Elements (cont.)

As we have explained earlier in this series, the Supreme Soul always remains an Ocean of the five spiritual virtues or elements **peace, purity, wisdom, love and joy** right through eternity. The soul is made up of three faculties - the mind, intellect and personality.

Meditation is a direct connection in which a human soul, using the two faculties - the mind and the intellect, connects with the most powerful Supreme Source or Soul and draws spiritual power from it. This absorbed spiritual power then transforms the third faculty - the personality, filling it with the five virtues mentioned above. The more the spiritual power absorbed the greater and faster is the filling up of virtues. These virtues then become a balm which heals the many different types of wounds of ego, anger, hatred, hurt, jealousy, possessiveness, greed, criticisms, desires, etc. which have left their mark on the soul in this and many past births of the soul. They gradually restore in the soul the confidence to emerge from the shadows of negativity and to live in the light of its original nature.

It is amazing, and heart-warming, when one rediscovers these qualities beneath all the other impressions formed during this and previous lives that have probably been peaceless and sorrowful at times. The journey of meditation bypasses all the negative tendencies and allows the soul to touch these original qualities, experience their truth, and express them in its life.

The other three factors which help us in understanding as well as experiencing peace, purity, wisdom, love and lasting happiness or joy are:

1. **The understanding and inculcation of the complete spiritual knowledge** of the soul, Supreme Soul and the eternal world time cycle.
2. **Attention on the self and checking and changing the self** during the entire day and also keeping a daily chart of the main weaknesses or negative personality trait in the self, which is filled every night before going to sleep.
3. **Sharing the five spiritual virtues along with spiritual knowledge** with others through thoughts, words and actions. Treasures shared with others will bring about a direct increase in the treasures in the self. Also, blessings received from others, by serving them help in the same purpose.

Message for the day

The one who is responsible is the one who is satisfied.

Projection: When responsibility is taken up and fulfilled with commitment, there is efficiency and effectiveness in the work. This results in satisfaction and contentment at having made a significant contribution.

Solution: Each day let me take up the responsibility of contributing something significant to any task, even if it is a simple one. Having done this, I will find that I am able to be happy with whatever I am doing, for having made some contribution.

Soul Sustenance

The Search for Happiness and a Perfect Relationship

Throughout history, human beings have desired and searched for two things, **happiness** and a **perfect relationship**. There is an old truth, "You cannot search for what, you have not already had or known." In other words, our search is motivated by a deep subconscious memory of the original, perfect and eternal relationship with our Friend, Guide and Parent, the One remembered as God, Allah, Ishwar, Jehovah, etc. It is only when our relationship with this Being is restored that we can experience true happiness or bliss. **Bliss is the deepest spiritual happiness we can experience.** It is experienced only when we are free of all attachment, when we no longer misidentify with anything physical and when our inner mental state is not dependent on anything or anyone.

At its highest level, our relationship with God is **pure** and **non-dependent**, and therefore **blissful**. **Deep within the soul, there is a memory of the bliss of this perfect union and it is the deepest motivation in our search for the perfect relationship, for the perfect happiness.** However, instead of seeking at the level of spirit, we seek at the level of mind (personality) and body. We search in those around us for the perfect partner - our soul mate. It is not incorrect to have worldly relationships, but there needs to be a deep realization inside each one of us that our true soul mate, is the One with whom we can have an ever-lasting, eternal relationship, the One with whom we have the deepest eternal bond (over a period of many births), the One from whom we will experience everlasting, eternal, unconditional attainments.