



The Arts of Life

The greatest art is to be silent. Not just unspeaking with the lips, but unspeaking with the mind. When the mind is quiet, its whole angle of vision changes. From pouncing on the problems, it begins to perceive the chances, the good things in life: and, in that discrimination which comes from silence, lie all other arts. The arts that make life a pleasure and a challenge; like how to talk to each other, entertain each other, accept each other - in short, how to be happy not just together, but alone.

Simplicity

When there is simplicity within, the mind is calm and quiet. Simplicity enables us to see the sequence of events around us. Each scene has a meaning connected to the previous and the next one. Simplicity and acceptance help us to play our part to the best of our ability.

Whenever we find ourselves questioning anyone's part or any situation, let us just remember that everyone is right according to his part and every scene according to the play of events. This thought enables me to keep my mind free from complications. So we are able to be our best in whatever we do.

The Location Of The Soul Inside The Body

The soul has the following basic functions to perform:

- * to give life to the body and to maintain life inside it,
- * to express and experience its role through the body, and
- * to receive the rewards or fruits of past actions performed in previous births, through the body.

These functions are controlled and monitored by the soul via the nervous and hormonal systems from a particular point in the area of the brain which contains the thalamus, hypothalamus, pituitary and pineal glands. This region is known as the seat of the soul, or the **third eye**. The connection between the physical (body) and the non-physical (soul) is by the medium of thought energy.

Many religions and philosophies place great importance on the third eye, or **eye of the mind**. When viewed from the front, this region appears to be between and slightly above the line of the eyebrows. It's for this reason that Hindus use a **tilak**, a dot in red or sandalwood paste in the middle of the forehead. Christians also make the sign of the cross in this region. Even when one makes a mistake or expresses tiredness it's to this region that we put the hands in the gestures of self-dismay or exhaustion. After all the soul subconsciously knows that it makes the mistakes and not the body. When people are concentrating deeply in thought it is this area of the forehead where creases or lines are formed on the skin.

Soul Sustenance

Connecting To the Qualities of Others

Meditation adds immense value and depth to my relationships. It also brings closeness in them. Many obstacles and barriers, both on a physical as well as a subtle level, come between me and others when my consciousness and as a result, my perception are struck primarily in the physical dimension.

If I hardly know five to ten per cent of myself, and that too mostly on the surface, my relationships are going to be similarly superficial. With my self-respect built on very weak foundations, it will tend to be delicate and I'll be prone to trying to maintain it by thinking about and focusing my energies on others' weaknesses, sometimes real and sometimes even imagined. I'll also find it hard to realize and appreciate their qualities. Such is the state of so many human relationships today.

In meditation, I go into the depths of myself, and deep within my inner being, I find the beauty of peace, love and happiness that is there inside me. I also realize that this same beauty lies inside each soul. **Then naturally and very easily, without any effort, I get connected to the same qualities in others.**

I also find the strength to do the same. I am no longer judgmental seeing others' temporary **sanskaras** of negativity. I find qualities that are basically there inside every soul: the original qualities or **sanskaras** of each spiritual being. It's like a basic prototype for the whole of humanity, which I deeply see and realize.

Message for the day

Determination enables elevated thoughts to become practical.

Projection: When we have an aim in our life and are working for it, we sometimes are not able to bring into practice all that we plan to do. We then tend to become disheartened and give up after trying for some time. Thus we lose out on the benefit that our thoughts can bring in our life.

Solution: In order to put into practice the good thoughts that we get i.e., in order to make our thoughts practical we need to stamp it with determination. Our words should never be 'I'll try', but must always be 'I will do it'. Where there is determination there is victory.