



## **Courage**

Do not become discouraged in the face of adversity. Understand that the bigger the heart, the bigger the obstacles it is asked to accommodate.

## **Knowing the self**

Knowing the self and knowing God brings light into the darkness, and brings love back into our lives whereby we can reach out to others. The world will change when we are able to share this Godly light and this endless love. When I know myself I can really meet others. My vision will not be disturbed by our differences but I will recognise the same essence in others.

## **The Five Spiritual And Five Physical Elements (cont.)**

There are three entities around which the whole World Drama revolves - **the Supreme Soul, the human souls and nature**. Nature includes everything non-living like mountains, rivers, seas etc. and living things like plants, trees etc. It also includes living beings like animals, birds, insects etc. which are souls with a lesser evolved intellect than human ones. The human body also comes under the category of nature. **These three entities are in the form of a hierarchy, the Supreme Soul is the most powerful at the top of the hierarchy, in the middle are the human souls and at the bottom of the hierarchy is nature.** The Supreme Soul always remains an Ocean of the five virtues **peace, purity, wisdom, love and joy** and is the only entity in which the balance of these virtues is always maintained right through eternity.

In human souls, as explained yesterday, in the beginning of the world cycle, in the Golden Age, these virtues are in balance. As human souls come down in the birth-rebirth cycle and start becoming influenced by body-consciousness or the five vices - anger, ego, greed, attachment and lust, all spiritual building blocks or virtues - peace, purity, wisdom, love and joy start getting depleted. In each soul, some virtues get depleted more, some less.

In each and every soul the depletion is different depending on its actions e.g. in some soul the depletion of peace is immense compared to the other because of picking up sanskaras of anger on its journey and bringing them into actions or in some soul the depletion of joy is immense because of picking up a lot of attachment on the way etc.

**This depletion of the five spiritual elements or virtues upsets the balance between them. This depletion and imbalance causes negative spiritual energy waves or vibrations of sorrow, anger, impurity, hatred, fear etc. from human souls to spread in nature and starts having a negative influence on the five physical elements earth, air, water, fire and sky and even the five spiritual elements peace, purity, wisdom, love and joy in the souls of animals, birds, insects, etc. upsetting the balance of both.**

This is because nature (as defined in the above paragraph) is lowest in the hierarchy, lesser powerful and easily influenced by the energy that human souls transmit or radiate. This double imbalance of spiritual and physical elements results in peacelessness, sorrow, illness, poverty, natural calamities, accidents, ecological imbalances etc. When all of these reach their maximum extent, that Age is called the Iron Age. This is an interesting principle which needs to be understood clearly.

**How do we restore the balance of the spiritual and physical elements? We shall explain that in tomorrow's message.**

### **Soul Sustenance Defining Success**

**Given below are some definitions of success:**

- . Feeling yourself to be full of inner contentment and happiness, with an optimistic mental state, without fear, happy and in a good mood. Being fine, in balance and at peace with oneself.
- . Finding meaning in what you do.
- . Discovering what will bring you closer to your dream.
- . Success is about more than just possessing; it is facing all situations, even the negative ones, transforming them into the positive and feeling yourself realized, personally and emotionally.
- . Having courage to take forward what you want, in spite of what you find against it.
- . Achieving in each moment the desired objectives at all levels of the inner being. Fulfilling set objectives and adopting a positive attitude.
- . Being able to be beyond noise i.e. experience silence wherever and whenever you wish to . silence being the key to all spiritual treasures.
- . Remaining humble in the wake of all achievements and glory that may come your way.
- . Not being afraid of failure.
- . Satisfaction at work.
- . In harmony with one's inner conscience (while performing all actions).

**Tomorrow we shall discuss some factors that bring us closer to success.**

## Message for the day

**The one who works in coordination with others is the one who can fulfill responsibilities well.**

**Projection:** Responsibilities can be fulfilled well when there is the recognition that each one can contribute something to the task. It is also essential to create a cooperative rather than a competitive environment. Then there would be no feeling of superiority or inferiority in anyone.

**Solution:** When I am responsible to complete some task, I need to involve all the people who can help in it. When I do this I will find my task finishing faster. Also I would find that I would get the good wishes of all the people involved in the task.