

## HAPPY DIWALI



Festive Mysore Palace

### Give & Take

Whatever you give comes back to you. Whatever you take will not stay with you.

### Mother

A mother teaches her child with love and patience until the child learns. Be a mother and teach your mind to have positive thoughts and to let go of worries. Then when your mind most needs peace, it will obey you.

## Soul Power Over Role Power

Every act that we are involved in throughout the day is made possible or real by two entities - role and soul working in conjunction with each other. Although, it is a spiritual fact that the soul is the master and makes the role function, without the soul the role cannot function; while playing any role in our day-to-day life we tend to forget this fact and our entire focus falls on the role that is to be played, forgetting that by doing that, we bring down the probability of success of that role in our personal or professional life.

**Focusing positively on the soul and its components while playing the role fills the role with soul power and focusing on the role and its components while playing the role fills the role with something you could call role power.** We need to create a balance between the role and the soul and a balance in using both role and soul power to bring about the success of the role, the role could be of any type.

Even a project that you have to work on in the office which is going to last for a month is an example of a temporary role you have to play. There are many other examples of roles - getting your child's homework done, preparing food for the entire family, doing charity work at the club together, taking part in an extracurricular activity in school or college, etc.

**Any such or other role will consist of some or all of these components - various tasks, interaction with people or relationships, mediums like wealth and other objects, time, knowledge of everything connected with the role including the components that make up the role, etc.** All these components are physical in nature and make up the role. The power that these components possess makes up what we call role power. Now, what happens is that as soon as we step into the role each day or on a particular day, obviously our aim is to bring about success of the role, but to achieve that, **our entire focus falls on using the power of the role, neglecting the immense potential that soul power possesses.**

We spend our day and night in streamlining the role components for the well being of the role, not realizing that this purpose could be more easily achieved, if the focus is more on using soul power, obviously without neglecting role power (without which the purpose cannot be achieved).

**In tomorrow's message, we shall explain the various components that make up soul power.**

## **Soul Sustenance**

### **Meditation And World Transformation (Change)**

As one practices Rajyoga meditation, one can become a spiritual lighthouse for the entire universe, a medium to radiate (spread) the divine qualities and powers that one gains through the link with the Supreme Soul who is the Supreme Spiritual Energy and the ever luminous Being of Light; to all other souls, through the power of thought and pure vibrations. Physical charities are limited by time and space, and can only reach a few people at a time. The subtle (non-physical) charities of qualities can benefit all souls, even those who are physically many miles away. One can even change the five elements of nature and the spiritual atmosphere.

Slowly read over and visualize the following thoughts one by one:

I become aware of myself as a soul.....

a point of light sitting on my throne between the eyebrows.....

I picture my destination, a land of soft golden-red light.....

On the wings of thought I fly there.....

leaving the physical world behind.....

Strong currents of spiritual light and might are emanating from me in all directions.....

I watch from my sweet home the world below.....

It is full of millions of tiny star like points of awareness, my brother souls.....

I picture a meeting with the Supreme Being, a blissfully radiant (full of light) being overflowing with energy.....

Golden rays of complete purity, love and peace are flowing from the seed of

the human world tree into me.....

And through me, onto the whole world.....

I am a seed of world benefit, the Lighthouse and Mighthouse.....

This flow of positive spiritual energy washes away the tensions and sorrows of all the souls.....

I feel these rays charging the atmosphere of the world with happiness, love and spiritual calm.....

The elements are being purified and returning to their original pure state.....

Remain in this experience for a few minutes. This exercise should be practiced in silence.

(To be continued tomorrow ... )

### **Message for the day**

#### **To take a vow means to guarantee transformation**

**Projection:** When we decide to bring about a change in some aspect we sometimes work hard in the beginning with commitment and sincerity and slowly find our enthusiasm lessening. So we give up before we could really bring about any change.

**Solution:** Just as the one who takes a vow never breaks it, we too need to take the vow to transform. Whatever obstacles come our way, our special attention has to be not to break the vow. Then we will not stop when obstacles come our way.