



Mono Lake, California

## **Centered**

Staying centered in your elevated self-respect will help you to remain undisturbed by others.

## **Inner Light**

When someone lightens up your life just by their presence, you can be sure they are emitting a very positive energy. When someone puts a damper on the meeting or a conversation, you can be sure there is some hidden inner baggage which contains sorrow and darkness. Which do you bring with you? A little light or a little dark? A lot of optimism or a little pessimism? If you are aware that you are carrying a little darkness, perhaps it may be useful to spend time with someone whose inner light is already lit, and stays lit in all circumstances. Eventually we may learn the art ourselves, and then serve as a candle to others.

## The Law of Surrender

According to what or whom your mind thinks consistently of, you will take on the form of the object or the person to which you have surrendered. We can see this in children, when they transfer their minds to actors they see on television, and then begin to behave like them.

What is the highest form to which we can surrender our self? There may be several answers to this question in our mind. Choose the truth from among them. So what is the truth?

Spirituality gives us answers to questions like: Who am I? Who is the Supreme Being? What is my relationship with him? Where do I come from? Where am I going? What is the purpose of my existence? What is the importance of the present time? How can the Supreme Being empower me at the present time?

The answers to these questions show us the way to surrendering our mind to the Supreme Being, which is the highest entity to which we can surrender. When we do that, gradually we get colored by his knowledge, virtues and powers.

### **Soul Sustenance**

#### **The Relationship between The Soul And The Body – Explained With Interesting Examples**

**Human being** means the consciousness, the soul or **being** (living energy), experiencing life through the physical body, the **human** (non-living). The body is perishable and temporary, whereas the soul is eternal and without physical dimension.

- **The soul is the driver; the body is the car.**
- **The soul is the actor; the body is its costume.**
- **The soul is a diamond; the body is the jewelry box.**
- **The soul is the musician; the body is the instrument.**
- **The soul is the guest; the body is the hotel.**
- **The soul is the deity; the body is the temple.**

I can use a knife to chop vegetables. I can use the same knife to kill someone. The knife neither decides (outwards) nor experiences (inwards), but can be washed easily under water. Now look at the fingers which held the knife. They neither decide nor experience the actions. They too can be washed under water. It's easy to realize that the knife is an instrument, but it is more difficult to realize that the fingers as well as the arms are instruments too. The legs are instruments for walking, the eyes for seeing, the ears for hearing, the mouth for speaking, the tongue for tasting, the heart for pumping food and oxygen (via blood) around the body, and so on. Even the brain is an instrument used like a computer to express all thought, word and action programs through the body and to experience the results. If every physical part of the body is an instrument, who or what is it that is using this instrument? Very simply it is "I", the self, the soul. The soul uses the word "I" for itself and the word "my" when referring to the body; **my** hands, **my** eyes, **my** brain, etc. **I** am different from **my** body.

### Message for the day

**The one who is powerful finds one or the other means to finish waste.**

**Expression:** Life brings lots of situations which naturally bring about waste thoughts. But the one who is powerful searches for ways and means to finish this waste. Such a person is like a skilled player who is waiting for an opportunity to give his best. So each situation is used as a means to use of all the resources in the right way. Even if there is one method that doesn't work, there is always a search for a new method to bring about the right solution.

**Experience:** When I am able to remain powerful even in the most difficult situation, I am able to recognise the powers that are within me and use them for overcoming that situation. I am never afraid of difficult situations, nor do I wish for life to be smooth without difficulties. Instead, I use each problem as a challenge to bring out the best from within me. So with each challenging situation, I find myself becoming more and more powerful.