



Battle scene from the Mahabharat

The Weak, the Brave and the Strong

Anger is weakness, tolerance is bravery. Humility makes you strong.

Mercy

Mercy is the quality that sees the inner need behind the expression. It looks behind anger and sees the sadness, behind coldness, the fear.

Playing My Part As A Hero Actor

While just as beings we reside in the soul world, as human beings we play our many roles through many physical bodies in this beautiful world drama on this amazing, colorful and round stage called planet Earth. Each day is filled with multi-million scenes in different locations on this very big stage. Some scenes are directly related to us, some indirectly and a lot many aren't related at all. **Each scene that we are directly involved is an opportunity to not only play our role in the best possible way but also as a result shape the role in the most appropriate way possible. Therefore, we are all hero actors who by playing our roles as well as possible, create the script of our own life i.e. create our own destiny.** And do remember doing this has a positive influence on others' scripts also, which rebounds back to us and in return helps us in our making our scripts better. While we have been given a role to live the entire birth right from childhood to old age, we possess the power, the remote control to dictate and control as to how exactly we will live the day, the year and each year of our present birth, our present role. Each day offers us multiple options as to not only how we act but also how we respond to the world around us and our script or destiny gets shaped up according to the options we make. **Our destiny is decided not by what happens to us or around us, but by (i) how we act (sometimes the actions are responses to external events and sometimes they are not) and (ii) how we respond to a million events and circumstances which we encounter as we make this complete journey of life.**

Some of us do not like this idea of being the creators of our own scripts, our destinies because we have been taught since we were small that life is all about luck, but this incorrect belief does not let us realize the immense internal power or potential that we possess of shaping up our destiny, our future. **By resigning ourselves to a life of luck, we do not use our potential and conveniently avoid doing the inner work of becoming awake and aware of who we are as spiritual beings and**

the masters of our own destiny. This is why waking up from the sleep of this wrong belief is the first step towards empowering ourselves, towards taking responsibility for our life, for our present, our future.

(To be continued tomorrow...)

Soul Sustenance

Ending The Day In The Presence Of God (Part 2)

Inspite of the fact that the Supreme Soul already knows whatever I have done right through the day on a physical as well as on a non-physical level; there is immense benefit in meditating for a few minutes, before going to bed at night. **It is wise that before I sleep, I have a face-to-face meeting with the Supreme and I become a child, become humble, and put my entire day with obedience, transparency, loyalty and love; before the Supreme.** In this stage of transparency, I definitely receive a response from God, which may be in the form of a thought vibration immediately or as soon as I get up from sleep or through some other medium the next day, when I read something positive the next morning or may be in the form of a loved one at home or even a friend or colleague at office, who may become instruments used by the Supreme to communicate with me. **The Supreme Being has His ways of responding to your act of honesty and love of sharing the day's happenings with Him.**

He is the Ocean of Truth and His response will be one which is filled with the light of truth or wisdom which I make use of, to illuminate the path or road of my life. Using this light, I'll find I am helped to see clearly where there has been progress, and where I failed, with accurate judgment, so that I learn. God, the Supreme Companion or Friend or Beloved is with me, wanting to lead me to my destination of perfection. I want to fulfill my side of the relationship with Him, so His

light will help me recognize where I must change, and what I must do to make corrections to any damage for which I have been responsible. Where my actions have been positive and right, the subtle blessings of 'well done child' that I receive from Him, will make me aware that the strength behind these actions came from my relationship with the Him – He is permanently and was my back-bone right through the day. Then there will be neither worry (due to mistakes committed by me) nor laziness or complacency (due to positive actions done by me), but only love and contentment in my dreams. If I do not surrender the day's happenings to Him in this way, although He loves me and is concerned for me, He might and will most probably remain detached and not guide me in any way.

Message for the day

Success means to have positive thoughts which bring right actions in our life.

Projection: When things go wrong we usually find ourselves flooded with negative thoughts. We, no longer can think right and so our actions go wrong, too. We try to correct our actions but we cannot succeed in it and so we give up.

Solution: We need to change the way we think before we can think of changing our actions. Success comes in the ability to maintain positive thoughts even in the most negative situations. For this, we need the practice of maintaining positive thoughts under all circumstances.