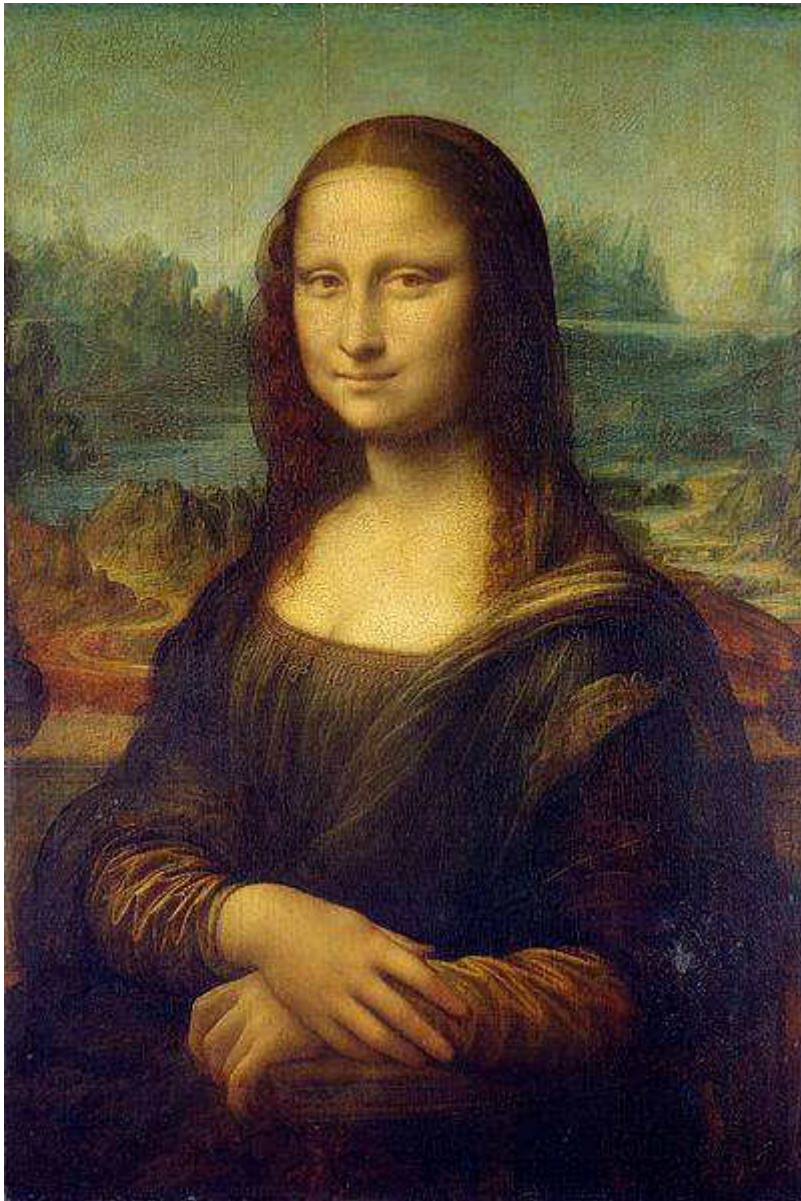


Daily Positive Thoughts: October 08, 2013: Perfection



The Mona Lisa by the Italian artist Leonardo da Vinci, has been acclaimed as "the best known, the most visited, the most written about, the most sung about, the most parodied work of art in the world." Created: 1503–1517

Perfection

May you make your thinking, speaking and doing equal, and become complete and perfect. In order to become perfect, your highest and most elevated thoughts should be expressed in word and in action.

Trust

In any relationship trust is the first thing to leave and the last to return. And if you recognize that the most important relationship is with yourself, then perhaps it's time to start some trust building close to home. Make and keep a promise or a commitment to yourself, however small - in fact, start very small! Make one and keep one today, and then notice the surge of inner power as a result. See how much more you like yourself as a result. Trust is being built.

The Three Mirrors For Inner Beauty (cont.)

The third mirror is the mirror of your own thoughts, words and actions - What you think and feel about yourself and others is invisible to others and only you know what it is. But you radiate your thoughts, feelings, emotions and attitudes through your facial expressions, your eyes, your words, your body language and your actions when you interact with others. That way **your words and your actions act as a mirror in which to see yourself.** You achieve this when you are a detached observer and you become aware of your responses, your reactions and how you express what arises from within you. **This awareness of being an observer needs to be maintained sub-consciously throughout the day and consciously in the night by filling a daily chart before sleeping, on any three personality traits** of your choice. Your main weaknesses or strengths you want to enhance should be included in the chart. We have explained the different types of traits that can be covered in a daily chart in our older messages. You could either evaluate these personality traits with a yes or no or perform a percentage wise evaluation like 50% or 80% for e.g. So it is a good practice to look into this mirror once in the night, before sleeping. This mirror will give you a review of the day that has gone by and make you careful for the next day. The daily chart is useful for this purpose. Filling a daily chart does not take more than a few seconds.

Finally and most importantly, always do remember that **those who use these three mirrors actively and use them well to ensure that their internal self looks good and beautiful all the time become living mirrors for others.** People who come in contact with them are able to see accurately what their internal self looks like. On seeing how beautiful and perfect they are, other people quickly realize their shortcomings or weaknesses and also take inspiration to become as beautiful, clean and virtuous beings as them.

Soul Sustenance

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.

Message for the day

The balance between firmness and love brings change in others.

Projection: When we want to bring about change in others, we speak with firmness. But sometimes this firmness takes on the form of rudeness because we don't make an attempt at combining it with the right attitude of love and good wishes.

Solution: We need to be firm when we have to work with our authority. But along with it we need to pay special attention to be gentle and sweet while administering our authority. When we take care of this we will be able to bring about the desired result.