



Dance in Happiness

The easy way to remain happy is to remain constantly light. Pure thoughts are light and waste thoughts are heavy. Therefore, keep your intellect busy with pure thoughts and you will become light and continue to dance in happiness.

Look at Specialties

When you look at the specialties in each one you can easily cooperate with others and receive their cooperation. Each and every individual has something special. If you make the habit of seeing these specialties, you will find that others are able to relate to you with these specialties and you can easily get their cooperation. You will also be able to cooperate with them easily. Think of one person you are not able to cooperate with. Now think of one specialty of that person. Make sure you relate to this specialty whenever you come into contact with this person. As you continue this practice you will find your negativity vanishing away and cooperation becomes easy.

Meditation To Experience Being An Impartial Observer

Experience the following thoughts one after the other:

I sit in a relaxed position, letting all tensions dissolve... I relax my shoulders and neck and breathe deeply several times... Now I focus all my attention inside and observe what is happening in mind... I observe, and look carefully...

I see myself in different situations; I can identify the things that affect me most, the dependencies on things and people, the various circumstances in which I see myself involved... I observe how these external factors influence me and change my state of mind. I lack trust in some people, but with others I can express myself freely. There are many influences in my life... There are the influences of these external factors... I separate myself from them and observe my inner qualities; I begin to feel that peace, strength and love are part of my original self... They are so strong that they cannot be influenced by the changing external factors...

I create positive thoughts about myself... I am a being independent of external influences, and in my inner self there are many qualities. I feel them... I enjoy being myself in my original peaceful state...

Soul Sustenance

The Spiritual Concept Of Becoming A Trustee (cont.)

While it's important to realize that the treasures mentioned in yesterday's message are my treasures and they possess immense potential since they help me grow spiritually by their right use, it is also important to maintain a relationship of detachment with them, because we live with these treasures all the time and it is very easy to get caught up with them and become attached to them. **Where there is attachment, there develops ego and the treasures start getting misused.** An important concept in this regard is that of **trusteeship**. The Supreme Being while sharing the knowledge of these treasures and the method of using them, also shares, that **for our benefit, once we realize what these treasures are, we should surrender these treasures to Him.** This is an invisible or non-physical surrender, not a physical or visible one.

Once these treasures are surrendered to Him, unlike worldly surrenders, the treasures don't remain with Him, because being an Unlimited Donor and being Incorporeal (bodiless), the Supreme doesn't keep them with Himself and returns them back to us. Anyways, the surrender is deep but is on a mental level and not on a physical one. But, while returning the treasures back, the Supreme Being presents a condition in front of us. He says that since these treasures now no longer belong to us, we need to remove any sense of ownership over them and become a trustee while

taking care of and using these treasures only for the purpose instructed by Him, the purpose of bringing the self and others closer to a state of truth (as explained in yesterday's message). The word trustee comes from the word **trust**. In this case **the Supreme Being says that He wishes and hopes that we keep His trust and don't breach it at any cost, at any point of time, in taking care of and using 'His' treasures, because don't forget, although the treasures are with us, there are no longer ours.**

(To be continued tomorrow...)

Message for the day

Self-respect increases when one learns to converse positively to the self.

Projection: The usual way to talk to the self is to talk to the most superficial aspects of the personality, those which are related to fears (including those of the future), complaints and mindless repetition of things in the past. Such talk to the self only lowers the self-respect to a great extent.

Solution: Not only when our mind is going towards waste and negative, but at all times, it is important that we talk to the mind with love, as we would talk to a child. Like a mother would lovingly explain to the child, we need to teach our mind with love. This creates true happiness within and our self-respect increases.

