



Resent Not

There are no justified resentments. To resent someone is to fall under the illusion that they are the cause of our suffering. No one can die from a snake bite. It's the poison that kills them. You may receive the poison of another's words, or even just in a glance, but you don't have to absorb it or allow it free passage through the veins of your consciousness. The consequence of not absorbing the poison of others is you never experience enmity towards others. And people notice when you have absolutely no enmity. It draws them close, it empowers them, it builds trust, it enables harmony to break out! It is only because the lion has no thought of killing the lamb that the lamb feels able to come so close.

An Observer

When difficult situations come your way, instead of becoming disturbed or confused, observe all the situations just as you would observe a game or watch a play.

Then instead of feeling stuck you'll be able to enjoy the different turns that the situation takes.

Universal Concepts About The Supreme Being or God (cont.)

The Zoroastrians worship God as fire (Indian Zoroastrians are called Parsis).

The ancient Egyptians worshiped the sun as God.

A Buddhist sect in Japan focuses the mind on a small oval shape. They call it *Karni*, the Peace-giver.

The Jews have the *Menorah* (a candlestick or holder for many candles together) which when lit is a memory of the form of God as light.

It seems therefore that human beings, without realizing, have all been worshipping and trying to discover the same God. There is only one God and His form is light. If union between the soul and the Supreme Soul is to take place, it can only be possible if there is knowledge and experience of that form.

On the basis of our (soul and the Supreme Soul) similarities of form and place of residence, I learn from God of my own original *sanskars* of peace, purity, love, knowledge, power and bliss. As I tune my thoughts to Him, His influence fills these original qualities in me. He is the perfect and infinite fountain, indeed the ocean, of these qualities. His superiority lies in the depth, clarity and continuity of His divine *sanskars*. Whilst human souls fluctuate between peace and peacelessness; love and hatred; knowledge and ignorance; sorrow and joy, God is ever constant and above and beyond these fluctuations.

Soul Sustenance

The Spiritual Concept Of Becoming A Trustee

Spirituality introduces to us a very beautiful concept of **trusteeship**. At first, I realize that as a spiritual being or soul, I possess the treasures of my mind, my thoughts, words, actions, virtues, powers, time, physical wealth, etc. Even my physical body is a treasure. **While I may have many a times misused these treasures earlier, now I learn how to use them correctly for my spiritual upliftment or the long term benefit of me, the soul. As per the Supreme Being's instructions, I use these treasures for a positive purpose of bringing not only myself but others also, closer to a state of truth**, a state in which the soul experiences its original virtues of peace, love, joy, purity, power, wisdom, etc. By doing that I, in return, experience spiritual self-growth.

Each time I deviate from this purpose, I come down spiritually, or I do not grow spiritually. This is a different type of existence as compared to before when I did not even realize that these were treasures in the first place. **A treasure can be defined as something of immense value. So, these physical and spiritual energies or resources (mentioned above) which I own or possess, become treasures because by the right use of them towards myself and others, I can increase my value.** Here we refer primarily to the spiritual self's value. Once that is increased, the physical self's value also increases as a result.

(To be continued tomorrow...)

Message for the day

Faith enables one to bring solutions to problems.

Projection: When problems come, we tend to overreact to it or exaggerate it to such an extent that it becomes a trap for us. Instead of working on the problem we fall prey to it making all our thoughts negative. Once we are caught up in negativity we will neither look for, nor find solutions.

Solution: Each thought of ours is important when working on a problem. Instead of making our thoughts negative, we need to remind ourselves that what we are going through is a test which we must pass with honour. When we have this thought, all our energy will be focussed on working to bring a solution.