



Heavenly residence in Maldives

## Contentment

Contentment is a great virtue, though it may not attract one's attention at first. Those who are truly content are usually quiet about it. It is a pleasure to be in their company, because they are full, peaceful, and generous.

Respect is to recognize and appreciate the unique role of each and everyone.

Each one is unique with his own specialities. When you recognize the role of each one, you can understand that he is playing his part accurately. Then you can acknowledge even the smallest contribution and you'll be free from expectations. When you find yourself having negative thoughts towards any one, make the practice of looking at one speciality in that person and relate to it. Also tell yourself that without the role of this particular person the drama would not be complete.

### **Analyzing Success And Failure**

You feel positive and joyful when you realize that you are successful. However, when failure comes to you, you feel defeated. The definition of success and failure varies from one person to another and according to the stage of life that you are in. It is important to have success and failure well defined for yourself, because, based on your definition, you feel greater or lesser inner wellbeing, happiness and wholeness. There are also different levels of success and of failure. For example, for some the greatest success is to be happy and radiant, whatever happens inside or outside. If one manages to keep happy in the face of failure, for them it is a success. Because to be happy means that I am connected with my essential worth or inner self, my being is awake and alive. Failure does not reduce my vitality, my contentment levels. The greater or fewer external achievements do not reduce the quality of the inner being or of being happy. The important thing is that you believe your own definition of success and failure. Some ideas can be shared that can act as guidelines, but, in the end, each person has to create their own guidelines, definitions and factors leading to success and failure. Basing ourselves on these guidelines and beliefs, we evaluate our successes and failures. You can reflect on what true success and failure mean for you and, according to those meanings, centre your attention on the values and efforts that lead you to achieve your objectives.

(To be continued tomorrow ...)

## Soul Sustenance

### The Spiritual Concept Of Becoming A Trustee (cont.)

In the physical world, one common example of a trustee is when a multi-millionaire does not have any heirs, he or she will leave his or wealth in the hands of a trustee or a group of trustees, to ensure the right use of his/her wealth as per his/her last wish.

Another common example is of trustees associated with temples and welfare organizations. All the wealth and ornaments that devotees offer in temples out of faith, love and devotion for God or all the wealth and property that people give in charity to welfare organizations is taken care of by a group of trustees.

In all these cases and more, while taking care of the wealth, **honest trustees always keep the consciousness that this is not their wealth or property and will always use it in the right way, as they have been directed. This is called ‘keeping the trust’ of the owner/owners of the wealth, hence the word trustee.**

In this way, now as a trustee, throughout the day I keep a consciousness that the treasures of my mind, my thoughts, words, actions, virtues, powers, time, my physical wealth, physical body etc. are the Supreme Being’s property and I have been appointed as a trustee to take care of them. In this way, I will use these treasures in a positive way, for a positive purpose (as mentioned earlier for a purpose of bringing myself and other close to a state of truth) only; in a way the Supreme Being wants me to and has instructed me to do so. This establishes a relationship of detachment with the treasures I possess and also brings about my spiritual self-growth.

## Message for the day

**True respect comes not from what one does but how well it is done.**

**Projection:** Respect is usually associated with what one does, i.e., it is usually associated with position, status etc which is associated with the job. When there is such an attitude, there is a tendency to look at the people around in a superficial way, missing out on recognising their true worth.

**Solution:** We need to recognise the fact that true respect comes from doing well whatever is being done. We need to recognise each one's virtues and qualities revealed through the behaviour. This enables us to have true respect for others. We then no longer look at what one is doing as important, but will be able to appreciate each and every one's contribution.