



## **Your Own Truth**

To follow someone else's truth is a trap. The best strategy is to know your own truth, face it and live by it. Others may inspire, guide, give you directions, but ultimately you have to cut your own way through the jungle. You could always be asking others where North is, and they will tell you. Someone will say North is this way and someone else that North is that other way - and both would have been sincere. But you alone have to find your true North.

## **The Flight Of Harmony**

**There are two faces to one coin; a person who wishes to live fully as a human being needs to understand that the existence of one's unique individuality has to be acknowledged, as well as the existence of the group or collective.** One cannot exist without the other. Individuals who are developing spiritually feel a personal sense of value. They clearly recognize their uniqueness and have the feeling that there is the freedom to be whatever they choose to be. At the same time, their sense of personal independence allows them to come close to others and work with them. They do not have selfish independence. They get close to others because they have found fulfillment in their own self. Someone who has truly found the value of the self above and beyond labels, name, fame and approval can effectively cooperate within the collective or group and interact appropriately. Such people not only feel themselves to be a part of the whole but, even more importantly, the group or collective feels them to be a part of the whole.

In nature, when birds have to fly to a warmer climate in winter, they flock together and start their journey as a group. The success of the journey depends on the group: if an individual bird does not join the group, it cannot reach the destination on its own. Birds fly in a particular formation, with an appropriate space between them as they fly. If they fly too close to each other, their wings get entangled; they lose their balance and fall. If they remain too far from each other, the formation cannot be created properly, and they are not able to ride the currents of air, which help to propel them in their flight. Furthermore, the leader of the formation does not remain the leader throughout the whole flight, but moves back and allows another to take its place. This repositioning continues throughout the flight until the destination is reached, allowing individual birds to contribute to the success of the journey.

**The reality of life is that we are individuals within a collective whole. Just like the birds, we are all a part of an unlimited Flight of Harmony.**

## Move Forward

To consider life a journey is to constantly move forward. To be on a journey means to be able to put in effort to move forward constantly. The one who is on a journey is able to use his qualities to enrich his own life and contribute to those around too. He is also able to contribute to make each thing better around him. He doesn't stop with temporary obstacles but continues to move forward. When I am on a journey I am able to enjoy the journey as much as I am able to appreciate the destination. I experience constant progress and success in everything I do, because there is forward growth in all I do. I am also able to inspire others too.

## Soul Sustenance

### The Location and the Form of the Soul (Part 3)

All of the characteristics present in the soul are subtle or non-dimensional (without size) in nature - thoughts, feelings, emotions, decision-making power, personality traits (sanskars) and so on. If they are all without size, then it is reasonable to conclude that the living, conscious energy, the soul, from which they emerge is also sizeless. For this simple reason it is eternal (beyond life and death). Something which has no physical size cannot be destroyed. As a soul I am neither spread throughout the whole body nor am I an invisible duplicate of the physical body. Even though the body of subtle energy exists inside the physical body, it is the effect of the soul being in the physical form and not the soul itself. Just as the sun is in one place and yet its light radiates throughout the solar system, the soul is in one place and its energy is spread throughout the whole body. To express something that exists but has no physical dimensions we can use the word point. The soul therefore, is an extremely small point of conscient (living) light. For the sake of having an image to fix our minds on we can say its star like in appearance. In deep meditation we can experience the soul as an extremely small point of non-physical light surrounded by an oval-shaped aura.

## Message for the day

**To be merciful means to transform the pain and sorrow of others.**

**Expression:** The one who is merciful always has the feeling of mercy and is able to help those who are in need or in distress. Such a person is able to bring about transformation in others too because of his own pure feelings. He is able to put in effort that becomes a contribution for the progress of others.

**Experience:** When I have mercy for others, I am able to accept their feelings, emotions and behaviour and provide them with the right kind of mental support. Then I am able to give them courage without being influenced negatively with their feelings of pain and sorrow. So my mercy influences myself positively too as I am able to keep myself positive under all circumstances.