



## **Freedom**

Freedom is a state of mind. Understanding the self is the key to freedom. The more one understands the self, the easier it is to be liberated from the chains of waste and negativity. Freedom is to be uninfluenced and unaffected, to be at peace with the self. Real freedom is to experience the true essence of one's being.

## Experiencing And Maintaining A State Of Contentment

**To reach, experience and maintain a state of contentment or fulfillment you have to first realize what true freedom is and then learn how to use it so that it strengthens you and also helps you to achieve the full potential of your individual self.** Freedom is the key to contentment. You also need to check what brings you close to the state of fulfillment and what takes you away from it. **Fears** of different kinds are one of the main obstacles in experiencing contentment. Any **weakness, inability to apply any virtue or spiritual power** required in any situation, **lack of focus, inner instability, etc.** will cause a leakage of the energy of positivity that is required to feel content. Free yourself of any personality trait that hinders your progress and does not allow your inner being to manifest itself and express itself with all its potential. To live in contentment, you should be in charge of your inner mental and emotional world. If not, you will only be able to experience temporary periods of fulfillment.

**To achieve fulfillment you not only have to have inner control, but you also need to check whether there is any door open to allow any weakness to enter the room of your personality.**

Because if you strengthen yourself on the one hand and on the other you are weakened, you will never reach the desired state of inner power. E.g. you keep a bucket of water under a tap of water. If it has even a single crack, however much water you pour into the bucket, it will never get filled completely. In the same way, this can happen to you. Because of this, you need to check, which cracks are present in your personality through which there are leaks of energy, because of which your efforts to become content do not give you the results you hope for.

## Soul Sustenance

### Churning Spiritual Knowledge

Churning spiritual knowledge or thinking deeply about it makes us a complete authority of that knowledge. What are some practical ways of implementing churning in our lives?

Take 15 minutes out of your daily routine every day to think deeply on any topic related to spiritual self progress (like e.g. each day's Soul Sustenance message or something else). You do not need to disconnect yourself from action to do this. You could do this while taking a walk, while driving to office, while cooking food, etc. By churning this way in isolation, the mind is able to concentrate immediately. Secondly if you read some spiritual knowledge and afterwards write down the essence (summary) of it for 5-10 minutes as it has influenced the mind, then you will find that essence will remain with you and deepen during the day.

The benefits of churning spiritual knowledge are as follows:

- 1. Churning makes the soul feel powerful:** it makes you aware of your powers and increases your self-respect. Any inferiority complex ends and one experiences oneself as a great and powerful soul. Self-confidence awakens as weak thoughts diminish: \* I won't be able to do this. Will I succeed or not? Strong thoughts emerge instead: \* The Supreme Being himself is with me. I will definitely be successful. Such confidence and bravery is experienced which strengthens the soul to undertake any impossible task.
- 2. Natural and unruffled peace in my outlook:** Churning takes us to the depths of the ocean of knowledge. The depth of knowledge finishes all our attractions. In the depths there are no storms, but only the peace and bliss of unlimited treasures.

(To be continued tomorrow ...)

## Message for the day

### The virtues of honesty and courage bring success.

**Projection:** The one who is courageous is never deterred by challenges, but moves on towards success. Combined with courage, is the virtue of honesty which allows one to be consistent, sincere and true in the efforts put in. So success comes with proper effort and there is also humility visible in such a person.

**Solution:** When I am courageous, but at the same time honest in my efforts that I put in for achieving success, I'll never have ego. I will be able to get the cooperation and good will of all, and especially the protection and the help of God. I will find myself moving slowly towards success with everything I do.

### Disappointment

A disappointment is never easy to surpass. I work hard towards a goal giving it all I have and still end up empty-handed. 'Where did I go wrong, what's the use of being diligent and conscientious? May be everything depends on luck, God didn't help me...' A vision that was initially strong and focused takes a sharp detour into the by-lanes of disheartened thinking. On the other hand, by looking at the situation with a calm, detached attitude, I can locate the faults or leakages. Even if my attempts were faultless, to refuse to learn from a set-back is a sign of ego. God helps me back on my feet when He sees that I haven't closed the doors of my mind to new experiences.