



## Lost and Found

Being lost in thought, thinking about things to do, what's been done, what could have been done... is not only tiring but also a brilliant way to waste energy. It diminishes your peacefulness and clouds your clarity. Every time you become lost in thought it means exactly that - you are lost! To find yourself, allow your mind to become quiet, to become utterly tranquil. In the quiet depths of every being, there is a stillness that contains a deep inner peace and wisdom that can guide you in your life.

## **Simplicity**

Simplicity is usually considered as being plain and with no decoration. So when we think of simplicity we are not so attracted towards it. We tend to make a lot of effort to colour ourselves with a lot of other things from the outside which then become part of our personality. But in this process we tend to lose touch with our innate purity and innocence. So we are not able to express this beauty. Simplicity means complete purity. It is to be egoless and also to be free from every kind of negativity. So when we come back to our original purity and simplicity we are able to express our innate beauty and strength. Since we are natural, whatever we are doing, wherever we are, we will be able to express this natural nature.

### **Factors That Bring Us Closer To Success**

Given below are 'some' factors that bring us closer to success:

- \* High self-esteem.
- \* Constancy.
- \* Courage and determination.
- \* Integrity and honesty.
- \* Self-acceptance and acceptance of others.
- \* Believing in what you do, regardless of external factors.
- \* Responsibility.
- \* Dedication, determination and tranquility.
- \* Being positive in the face of adversities (negative circumstances).
- \* Being consistent with your values.
- \* Precision in decisions and choices.
- \* Focus.
- \* Performing all *karmas* with love and happiness.
- \* Giving the maximum of yourself in everything you do.
- \* Creativity.
- \* Thoughts and actions in tune with each other.
- \* Appreciation and blessings (good wishes) from others.
- \* Gratitude toward oneself and others.

## **Soul Sustenance**

### **The Five Primary Qualities**

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives.

They are:

#### **Peace**

This is the original quality of the soul. Peace is serenity, the personal inner state of non-violence. In this state of peace, I harmonize with everything and everyone around me. The word shanti means peace, and it is this thought (or word) we use as the key step in meditation.

#### **Purity**

A state of honesty and cleanliness where I am the same inside and outside, not deceiving either myself, or others. Consequently, there is no room for artificiality. Purity is the state of original truth where no violence is committed against others, nor can violence be committed against me.

When the self is in its original purity, others cannot damage or destroy it, even if they try, because there is a natural aura of protection that acts as an invisible barrier. When I achieve this level of purity, it means I respect all things.

(To be continued tomorrow ....)

## Message for the day

**To remain happy is to truly live life.**

**Projection:** Life has meaning when there is the happiness of living. Everything that happens brings something new. The more the mind is tuned to see and appreciate this truth, there is the happiness that lasts - whatever the situations may be. The one who is constantly happy is able to creatively use all the resources in the right way and also makes others happy.

**Solution:** When I am able to maintain my internal state of happiness under all circumstances, I am able to enjoy the beauty of life. I am only able to see the positive in each and everything and also only the specialities and goodness in everyone. I am never let down by situations, people or their reactions, but enjoy everything.