



Too Quick to Judge

Are you quick to judge others? Right and wrong become good and bad so fast, as our thoughts jump to negative conclusions about 'the other'. Don't be quick to judge. You don't know the whole story. Exercise an attitude of curiosity. Try to understand what makes others tick and what compels someone to do something a certain way. Remember there is always more than one way and it's not necessarily your way.

Focus

While moving towards my destination, I tend to get distracted with even the little things that happen. Even a small negative or positive incident is enough to distract my thoughts from my destination. I am sometimes so busy with such things that my vision moves away from my destination and I stop moving forward. I need to first clarify my goal. Once I have done this, I need to take care that my vision is focused on it. Even when situations come by, trying to distract me I need to remind myself that these are only side-scenes which are not important for me. It is more important to keep my energies focused towards the goal.

Creating A Positive Atmosphere

Without a powerful intellect, a weak soul is at the mercy of the surrounding atmosphere whether at the workplace or at home or at any other place. Whatever the atmosphere, so will be the emotions and thoughts in the mind, whether the person enjoys them or not. At such times it is impossible to escape from the effect of the atmosphere. When a soul is so dependant it is unable to choose its thoughts or remain in any desired positive experience.

To be detached from a negative atmosphere and to be instrumental in creating a powerful, positive atmosphere, the soul must:

- * have powerful attention to its own true nature.
- * use the intellect to clear the mind at that moment.
- * look deep into the self and choose the purer, more elevated human emotions of peace, power, contentment, or whatever quality is needed in that particular situation, and retain that in the mind.

Meditation helps us in achieving all of the above.

Soul Sustenance

What Is The Soul World (Incorporeal World)?

The Soul World, which is the sixth element, is filled with golden-red, divine light (experienced during meditation). Over there, the conscient (living entities), the souls, have neither bodies of matter nor bodies of light. There exists neither thought, word nor action; just complete stillness, silence and peace. Just as this world occupies a tiny part of this physical universe, so too the souls occupy just a tiny portion of this infinite world. This is the highest region, the original home of souls and the Supreme Soul, God. This is the region which human beings, irrespective of culture or religion, have tried to reach in thoughts, prayers, etc. It is called by various names in various religions - Heaven, Nirvana, Shantidham, Paramdham, Brahmand, etc. Before I came to this earth, I was there with all other souls, brothers. The experience of complete and utter peace, purity and silence is there in my sweet home. There the soul is untouched by matter. Souls reside there as star-like points of light. They remain dormant, with their roles in the physical world latent (hidden) within them. The roles emerge when they the souls appear on earth, the world stage.

(To be continued)

Message for the day

The power of cooperation enables the most difficult task to be successfully done.

Projection: To have the power of cooperation means to have the ability to see and use the specialities of others in any task that is to be done. It is the ability to respect and use the suggestions and ideas of each and everyone which contributes for the success of the task. So the one who is able to use this power is able to be successful in any task that he takes up.

Solution: When I am able to give cooperation and take cooperation from those around me, I never experience fear for any task that has to be done, but am able to be at ease, knowing that everything is possible. I am also able to earn the respect of those around me for having made the best use of their specialities, which further facilitates the success of the task.