



The Gothic Architecture of Whitby Abbey, North Yorkshire, UK

## Calm

In tune with my inner rhythm, I draw wisdom from the past, allowing the future to shape itself around me. My mind is a sanctuary where shafts of golden sunlight laze as though resting in the aisles of some great cathedral.

Everything is as it should be. I remain simple in the midst of complexity, sure at times of unease, and clear in the company of others.

## **Self Realization**

The soul, originally a star-like living energy point of perfect peace and purity, twinkling in the soul world is fully charged with spiritual energy, which it naturally displays as love, joy, peace and purity in its actions when it first comes into this physical world. Gradually by taking many births, it becomes attached to the sense organs and the various physical objects and it forgets its original values. Then it becomes a slave to five basic negative forces; anger, greed, ego, lust and attachment. These forces have their roots in body-consciousness, or the false belief that existence is entirely physical. Any time it suffers disappointment, worry or anxiety, it is due to the effect of anyone of these negative influences.

The soul forgets the heights of spiritual attainment and the delights of super-sensuous joy (joy which is not experienced through the sense organs) thinking itself to be a body and it searches for peace and happiness through the sense organs. It mistakenly pursues worldly pleasures in an effort to regain its former state. It forgets its true identity, nature, home and Supreme Father.

While controlled by these negative forces, the soul cannot come back to its normal state of peace, happiness and bliss.

These vices are unwelcome intruders (entrants) into the soul's original texture of purity. Until the vices have control over the soul, it will never restore its original qualities of peace, bliss, love, purity and knowledge.

(To be continued tomorrow ....)

## Soul Sustenance

### Frozen Perceptions

Like water, which over a period of time freezes and takes the form of frozen ice cubes, when kept in an ice tray; perceptions **of different things, people and events, inside our consciousness, which come onto the surface of our consciousness regularly i.e. we shape our thoughts, words and actions based on them, regularly, take the form of rigid perceptions over a period of time.** These rigid or 'frozen perceptions', which sometimes never liquefy in our entire lifetime, are commonly called our beliefs, which can stick in our consciousness like ice cubes and be difficult to uproot at times. **One of the greatest harms that holding to a set of beliefs does is, that it doesn't let us see from other peoples' point of view.**

Let's say two people look at the same painting from two different points in a room. One describes what she sees and how the painting looks to her. Then the other describes how the painting looks to him. Both perceptions are bound to be different to some extent. They are different because they look from different angles, different points (places) of viewing in the same room. So who has the right view? Neither. But what both of them see is right from their point of view.

Another e.g. is, there is Mrs. A at my workplace, whom over a period of time, I have been seeing from a certain point of view and have started perceiving to be inefficient. Bringing this perception into my consciousness repeatedly has frozen this perception inside my consciousness and it has taken the form of a belief, which may be incorrect or correct, partially or completely. Now even if three different people who have all seen Mrs. A from three different points of view i.e. in three different set of circumstances, and have seen three different shades of the same virtue i.e. efficiency in her; come and share their different, but all positive and right perceptions with me, depending on their respective circumstantial view, I will not agree with them and not respect their perception because a person with unfrozen perceptions would at least give a hearing to others' perceptions, but someone with frozen perceptions, i.e. with fixed beliefs, is not able to that and is not able to empathize with or see from others' point of view.

## Message for the day

**The one who has the spirit of service is free from wasteful thinking.**

**Expression:** It is usually thought of as an additional burden to think of serving others. The usual thought is to think of first serving oneself and when one is content to think of serving others. But this thought makes one miss out on the fact that both service to oneself and service to others are complementary to each other, one helping the other in a positive way.

**Experience:** When we take on the responsibility of bringing benefit to others, i.e., when we consider ourselves as a humble server we will be free from wasteful and negative thinking. We will not waste our thoughts and energy on something that is not worthwhile, something that is not going to bring benefit to anyone. So each thought, word and action of ours becomes elevated.

## Newness

When there is the ability to find new ways of responding to life's challenges, there is no negativity or unhappiness. Such a state helps one to fulfill one's highest potential. This can be done when there is an ability to see things in a new light, to work on things differently. Thus thoughts that drain out positive energy are set aside and the quality of life itself becomes better. I experience a lot of happiness when there is newness brought in responding to situations. My own potential is channelized in a positive way so there is an experience of fulfillment and satisfaction. My mind is not caught up with negative or waste but is busy trying for the best solutions in all situations.