



Kindness

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Feedback

The gap between what you say and what you do, between what you promise and what you deliver is like a drain in the road. The drain is where water escapes, just as your power will seep away if there is a difference between your words and your actions. Ask yourself every day, were your thoughts, words and actions aligned? Ask someone else what they saw in you too. Feedback is the food of all positive change.

Analyzing Success And Failure (cont.)

For many, society has conditioned us to look for success through the path of our career, achievements, profits, praise, financial wealth etc. That way, we have learned a narrow view of success. Running in search of this kind of success and pursuing it, we come to exhaust ourselves, get burnt out and depressed. In order to achieve these successes we have stopped caring for the inner being (the soul) and relationships. That has meant and means stress, pain, anxiety, family break ups, personal and relational disintegrations, the destruction of the environment and planetary and climatic imbalances. As a consequence, we feel empty. Although we achieve the applause, the income and other successes, the soul is malnourished and has the sensation that it is lacking something. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, broken up family and a sick body, causes depression which explains why, in our recent history, famous people have ended up committing suicide.

If we want to redirect our personal and collective lives toward true wellbeing and wholeness, we have to re-evaluate and redefine our beliefs and factors that lead to success and failure. Before asking yourself what success and failure mean for you, it is important to be clear what context you want success in. Depending on the context, the dimension and the meaning of success and failure will be different. For example, in the work context, a failure will be different to that in the family context. In the personal context or in life in general, the way of perceiving success or failure varies.

Soul Sustenance

Comparing Atom And Atma

The knowledge of the laws of the physical universe is based on the atomic theory. The atom is seen to be a point-source of energy, and different energy levels and vibrations between neighboring atoms give the appearance of form, color and heat. It has been established that the entire material world we see around us as a variety of forms and colors, light and heat, is formed of these point sources of physical energy or atoms. The most beautiful scene in nature is merely a pattern of energy waves and vibrations. The sense organs select the vibrations and relay a message to the mind where all images are formed. The eyes see some of these patterns as light forms and colors, the nose pick up odors. In the same way sounds, tastes and sensations are detected and all of these are transmitted to the mind.

Atomic theory appeared originally in Greece and in India. The English word **atom** came from the Greek word *atomos* meaning **indivisible**. This word is similar to the Hindi word *atma* which means **self** or **soul** and refers to the conscious energy of the human as being an indivisible and un-destroyable point of non-physical light.

(To be continued tomorrow ...)

Message for the day

To be a master means to experience inner power in a practical way.

Projection: Each one has a lot of powers within, which we can use in our daily life while dealing with practical situations. Knowledge of these powers is of course there within each one. And along with it there is an intention to use them too. But during the time when it is necessary to use them, it becomes difficult to make them practical. So the powers within are just wasted away.

Solution: We need to learn the art of using the right power at the right time. With the recognition of the powers within us we also need to develop the consciousness of being a master. As a master we just need to order whatever power we need at that time and these powers will surely come to serve us. We will then surely be victorious in all situations.