



Time and Tide wait for no one.

Time

Consider time to be a great treasure. Don't waste a second

Tolerance

The one with self-respect never thinks or feels that he is tolerating. On the other hand, since he is tolerant, he has the strength and the ability to tolerate difficult situations and criticism with ease. If we are constantly feeling that we have to tolerate a lot, we should check within ourselves if we can use some strength that is hidden within us for dealing with the situation.

Soul Sustenance

The Cyclic Functioning Of The Three Faculties Of The Soul

The soul consists of three faculties – the mind, intellect and *sanskaras*. They work together in a cyclic fashion. How they work together can be illustrated by looking at how habits or *sanskaras* are formed e.g. if you are used to scolding your children to get them to do their homework, here is what happens when you visit a friend's place and watch, for the first time, how your friend is doing the same to his/her child, you might think (done by the **mind**): 'I should adopt the same method to discipline my children, they never listen to me '.

Your **intellect** discriminates and judges whether that thought is right or not. Seeing others using the same method, and also seeing that the children are not being affected in any negative way (at least in the short term, not realizing the long term harm) and also seeing them get the desired result, you make a decision to do the same, which leads to the action of scolding your children. This creates an impression or memory within the soul, somewhat like cutting a groove in a piece of wood. This groove in the soul becomes a characteristic of your personality and is known as a **sanskara**.

Within the groove is recorded the memory of, firstly, the action of scolding the children and, secondly, the desired result from the action. Now, whenever your child disobeys you even a little bit, this *sanskara* is activated and the memory of the action and result associated with it emerge in the mind triggering a thought: 'Let me scold my child, that's the best way to get him to do things'.

The intellect judges the thought, remembering the proof of the scolding, based on past experience, and then makes the decision that it is alright to using anger as a weapon to discipline the child. In this way, the *sanskara* keeps getting deeper and deeper. The cyclic process explained above, applies to all habits, whether physical or non-physical.

Message for the day

Detachment adds quality to each and every action.

Projection: When we are detached, we will not be bound by the action itself, but will perform the action in a detached way. This means that we perform the action, yet we are not dependent on the fruits of the action. This automatically increases its quality. Then we would be free and uninfluenced by the bondage of the action.

Solution: In any situation where we find ourselves doing a lot yet with a feeling of not attaining anything, we should ask ourselves if we are attached to the task at hand. The more we are attached, the quantity of work that we put in increases at the cost of the quality. When we are detached we are able to give our best in all that we do.

Self Empowerment

Our internal strengths create the foundation on which we make our decisions in life, how we relate to others and how we understand ourselves. For most people their strengths are understood but never made very conscious. They lie below the surface and are not openly talked about. Bringing them into our conscious understanding improves our process of self-empowerment.

To realize and review your strengths, sit comfortably in a pleasant atmosphere and answer silently the following questions:

- A. Look back into the past and remember the times when you experienced your greatest successes. List the unique talents or strengths, which you made use of at those times.
- B. List the specific features, which you admire in yourself.
- C. If you were to take the opinion of your family, friends and colleagues, what strengths would they say that you have?
- D. List your most valuable assets.
- E. Now examine your answers and summarize. What are your main strengths?

