



Jagannath Temple, Puri, Odisha, India

## **Send Peace**

The call of time is to send thoughts of peace and power to the world. Your thoughts travel, moving at a great speed and with considerable impact. Let the thought of peace sit in your mind, knowing that the vibes from your thoughts can radiate out and touch any person, any place.

## Definitions Of Success

**Given below are 'some' definitions of success:**

- \* Feeling yourself to be full of inner contentment and happiness, with an optimistic mental state, without fear, happy and in a good mood. Being fine, in balance and at peace with oneself.
- \* Finding meaning in what you do.
- \* Discovering what will bring you closer to your dream.
- \* Success is about more than just possessing; it is facing all situations, even the negative ones, transforming them into the positive and feeling yourself realized, personally and emotionally.
- \* Having courage to take forward what you want, in spite of what you find against it.
- \* Achieving in each moment the desired objectives at all levels of the inner being. Fulfilling set objectives and adopting a positive attitude.
- \* Being able to be beyond noise i.e. experience silence wherever and whenever you wish to - silence being the key to all spiritual treasures.
- \* Remaining humble in the wake of all achievements and glory that may come your way.
- \* Not being afraid of failure.
- \* Satisfaction at work.
- \* In harmony with one's inner conscience (while performing all actions).

**Tomorrow we shall discuss some factors that bring us closer to success.**

## Soul Sustenance

### The Hurting of the Ego (cont.)

Continuing from yesterday's message, we commonly use the terms - \* my ego got hurt or \* I think your ego got hurt. **You 'hurt my ego' is nothing but 'you hurt or harmed the image that I carry of myself (as discussed yesterday) with me each second everyday.'** Because I carry it with me all the time, I have become attached to it. e.g. If, on a particular day, you reach home late from office and your wife, who is angry with you, accuses of not being a family man and one who doesn't give enough time to her and the children. Your reasons for reaching home late may be genuine or not, your wife may be right or wrong on that particular day. In either case, you carry an image of yourself, all the time, as being a very loving, caring father and husband, who has been responsible for the all-round growth and development of the family in all respects since the family was created. Your wife's words basically pinch that invisible image, as a result of which you feel insulted and hurt and you react angrily, not necessarily in front of your wife, but it could be in front of someone else or even just internally. This phenomenon happens many times, in various different situations with different people throughout the day and every day.

The image that we all carry of our selves is made of various traits or characteristics, obviously the characteristics of each one's self-created image are different. These characteristics of the image may or may not actually exist inside the real self, but whenever someone challenges any of those characteristics or tries to suggest to us that one of those characteristics is not ours or does not exist inside us, we react.

## Message for the day

### To forgive is to give correction.

**Projection:** When there is forgiveness, the harm of the mistake is forgotten. The mistake itself is remembered only to the extent that the correction is to be given. So there are no negative feelings expressed even while giving correction. And the words that are used are few but prove to be very effective.

**Solution:** When I learn the art of forgiving I am able to be free from the burden of negative and waste thinking. So there is never any difficulty in giving correction when necessary. The mind is free from the attitudes of the past and it creates harmony in relationships even if the opinions or personalities don't match.

## Being Peaceful

Whenever we become peace less, we generally tend to blame others for it. We think it is the other person or the situation that has made us lose our cool. So although we don't like to be in this state of mind, we don't make real honest effort to change it. And most of the time we don't even know how to do it, as we are not even aware of where the real problem lies. We then make those around us more peace less instead of giving them peace, which they actually require. We need to first know the cause of the peace less situation. For this we need to check ourselves with honesty. We need to understand clearly that there is some conflict within ourselves that is creating this situation. Then even if someone tries to create confusion, we will be able to remain calm and peaceful. Since we are in our calm state of mind, we will be able to give an experience of peace to others too.