



### **See Only Virtues and Specialties**

An ant is tiny beside an elephant but as soon as an ant enters the ear of an elephant it goes crazy. The elephant's ears are so big, the elephant itself is so big and yet a tiny ant makes it go wild. In the same way, if I allow the slightest defamation of anyone go through my ears, I lose all my spirituality.

I lose all my value because I start interacting with others on the basis of what I have heard about them. Pay attention to this! We have to be very, very selective in what we allow to enter our ears. Let me learn to see only virtues and specialties. Let me not concentrate on anyone's weaknesses.

## Harmony

Usually there is an expectation from others to have the same level of qualities or understanding as we have. It generally becomes difficult to accept or understand the other person's behavior or words if they are different. At such times there is a tendency to form an attitude towards such a person and thus we are not able to get along well with him. We need to recognize the fact that like the notes of music we are all different. Only when we can harmonize together can we create a beautiful tune. When we remember this we will not expect the other person to change according to us but will learn to understand and blend our personality with his.

## Spiritual Vision

In a state of high self-regard, the awareness of oneself as a spiritual being or soul performing pure action, brings the awareness that other beings are also souls performing actions through their bodies. When there is this vision or *drishti*; this way of seeing another person as a spiritual being, when the attitude of soul-to-soul is maintained, then there is true communication and pure interaction and the desired state of peace, and purity occurs automatically. If you achieve a state in which you are naturally peaceful, pure and happy by being soul conscious, you can be sitting anywhere and, because the thought vibrations radiating from you, the soul, are of such high quality, other beings are necessarily receiving your positive energy.

## Soul Sustenance

### Reflection (cont.)

To be dictated to by external situations, which make us run around without stopping internally, brings about unnecessary stress on the mind, which keeps us tied to the strings of the external, like a puppet pulled, pressed and pushed by circumstances.

**To break free from this force, to relieve the mind of the weight of stress and waste and routine, I need to step inside and reflect (think) on who I am and where I am going and reassess my value system.**

Otherwise, life becomes like a wheel that keeps spinning faster and faster until we become dizzy - we want to get off but it is going so fast we do not know how.

Reflection and taking time to understand spiritual knowledge bring us to the essence of everything.

### Message for the day

**Negative situations can be transformed into positive with the power of stability.**

**Projection:** When faced with a negative situation, usually the mind gets affected. Lot of questions arise in the mind that don't allow me to be stable at that time. Because of the thoughts in my mind, Although it is in my hands to work at transforming the situation I don't make use of this opportunity but only end up adding to the negativity.

**Solution:** In a negative situation, it is necessary for me to maintain my own inner stability. I need to free myself from wasteful thoughts. Then the negativity in the situation will finish, first in my mind and then in the situation itself. My own internal stability will help in finishing the influence of the external situation.

