



Double Rainbow Over Great Sand Dunes

### **Lightness**

By seeing the defects of others you will become tired. By seeing only what is good you will feel light.

## **Detachment**

The one who is detached is able to watch each and every scene with a neutral state of feeling. So he is able to act quickly and take the right decision in a second. He is not caught up with the situation so he is able to look at things with the right perspective. He is also able to make use of the available resources to better the situation. When I am detached I am able to be free from the negativity of the situation. I am cool and calm even in the worst situation. My detachment gives me the courage and strength to act to the best of my ability in the given situation. I neither jump to conclusions nor do I move away, but am able to give my best.

### **Meaning And Application Of Virtues**

Take one of the following virtues (qualities) per day and spend five minutes thinking about its meaning and its application during the day.

- A. Harmony (Unity)
- B. Forgiveness
- C. Trust
- D. Flexibility
- E. Courage
- F. Gentleness
- G. Freedom
- H. Understanding
- I. Benevolence (Kindness)
- J. Patience
- K. Enthusiasm
- L. Tolerance
- M. Serenity (Peacefulness)
- N. Co-operation
- O. Generosity
- P. Humility (Egolessness)

## Soul Sustenance

### Soul Power over Role Power (Part 3)

Continuing from yesterday's message, **the remaining components of soul power are:**

**The power of good wishes, desires and feelings full of love for others**, while coming in contact with them. These type of feelings will bring good wishes in return from the other to you, which will not only empower you, but will also assist your physical role on a subtle level.

**The power of complete purity and cleanliness in thoughts, words and actions** - A state where one is not under the influence of vices like anger, ego, attachment, greed, hatred, jealousy etc.

**The 8 main powers - the power to tolerate, accommodate, face, pack up, discriminate (or discern), judge (or decide), withdraw and co-operate** – their implementation on an internal and external level i.e. not only in words and actions, but also on a thought level. Where there is lack of any of the above powers inside me, there will definitely be waste and you will be weakened, which reduces the probability of success of your role.

**The power of truth or spiritual wisdom** - A state where the self has deeply realized and understood eternal truths of the soul, the Supreme and the Law of Karma and has drawn immense amount of power and experience from that knowledge. The power of physical knowledge would fall under role power, which has been explained earlier.

By focusing on each of the above components of soul power and those explained in yesterday's message, by giving them more weightage and using them along with the components of the role, which were mentioned in the message before that, one can experience the desired success in any role in any sphere of life very easily without much effort.

## Message for the day

**Self-respect increases when one learns to converse positively to the self.**

**Expression:** The usual way to talk to the self is to talk to the most superficial aspects of the personality, those which are related to fears (including those of the future), complaints and mindless repetition of things in the past. Such talk to the self only lowers the self-respect to a great extent.

**Experience:** Not only when our mind is going towards waste and negative, but at all times, it is important that we talk to the mind with love, as we would talk to a child. Like a mother would lovingly explain to the child, we need to teach our mind with love. This creates true happiness within and our self-respect increases.