



True to the Best

Real honesty means being true to the best that is within you. This is more honest than simply speaking your mind.

A Strong Mind

Affluent societies have put huge effort into improving physical facilities, but our minds have suffered neglect. Increased levels of negative states such as anxiety, addiction, irritability and depression have accompanied burgeoning desires. As well as undermining the health of individuals, these negative attitudes and emotions harm society and the environment by causing a loss of fundamental values in our actions. When we feel sad and empty inside, we become part of the problem. We comfort ourselves by blaming others and circumstances. Instead we have to learn how to make our mind strong. That means fill it with positivity.

The Spiritual Concept Of Becoming A Trustee

Spirituality introduces to us a very beautiful concept of **trusteeship**. At first, I realize that as a spiritual being or soul, I possess the treasures of my mind, my thoughts, words, actions, virtues, powers, time, physical wealth, etc. Even my physical body is a treasure.

While I may have many a times misused these treasures earlier, now I learn how to use them correctly for my spiritual upliftment or the long term benefit of me, the soul. As per the Supreme Being's instructions, I use these treasures for a positive purpose of bringing not only myself but others also, closer to a state of truth, a state in which the soul experiences its original virtues of peace, love, joy, purity, power, wisdom, etc. By doing that I, in return, experience spiritual self-growth.

Each time I deviate from this purpose, I come down spiritually, or I do not grow spiritually. This is a different type of existence as compared to before when I did not even realize that these were treasures in the first place. **A treasure can be defined as something of immense value. So, these physical and spiritual energies or resources (mentioned above) which I own or possess, become treasures because by the right use of them towards myself and others, I can increase my value.** Here we refer primarily to the spiritual self's value. Once that is increased, the physical self's value also increases as a result.

(To be continued tomorrow...)

Soul Sustenance

The Five Spiritual And Five Physical Elements (Part 4)

As we have explained earlier in this series, the Supreme Soul always remains an Ocean of the five spiritual virtues or elements **peace, purity, wisdom, love and joy** right through eternity. The soul is made up of three faculties - the mind, intellect and personality.

Meditation is a direct connection in which a human soul, using the two faculties - the mind and the intellect, connects with the most powerful Supreme Source or Soul and draws spiritual power from it. This absorbed spiritual power then transforms the third faculty - the personality, filling it with the five virtues mentioned above.

The more the spiritual power absorbed the greater and faster is the filling up of virtues. These virtues then become a balm which heals the many different types of wounds of ego, anger, hatred, hurt, jealousy, possessiveness, greed, criticisms, desires, etc. which have left their mark on the soul in this and many past births of the soul. They gradually restore in the soul the confidence to emerge from the shadows of negativity and to live in the light of its original nature. It is amazing, and heart-warming, when one rediscovers these qualities beneath all the other impressions formed during this and previous lives that have probably been peaceless and sorrowful at times. The journey of meditation bypasses all the negative tendencies and allows the soul to touch these original qualities, experience their truth, and express them in its life.

The other three factors which help us in understanding as well as experiencing peace, purity, wisdom, love and lasting happiness or joy are:

1. The **understanding and inculcation of the complete spiritual knowledge** of the soul, Supreme Soul and the eternal world time cycle.
2. **Attention on the self and checking and changing the self** during the entire day and also keeping a daily chart of the main weaknesses or negative personality trait in the self, which is filled every night before going to sleep.

3. Sharing the five spiritual virtues along with spiritual knowledge with others through thoughts, words and actions. Treasures shared with others will bring about a direct increase in the treasures in the self. Also, blessings received from others, by serving them help in the same purpose.

Message for the day

Greatness is visible in simplicity.

Expression: The simplicity within us brings benefit to many. Simplicity doesn't mean we have to give up all we have, but it only means that we give up the attraction and attachment to whatever we are using. With simplicity our lifestyle takes on an easiness that in itself can be a healing source to those around.

Experience: We need to make the practice of being detached even while using everything. We need not give up anything, but while using everything, we need to remember that what we have is for the use of everyone and not to get dependent on it. When we are detached in this way we will be able to bring benefit to all around us.