



Crepuscular rays

Radiate Light

Each one of us is a walking radiator. Mostly we radiate thoughts and attitudes. From deep within we radiate our state of being, and the essential, original and eternal state of every being is peaceful and loving. But we block and distort this energy with our attachments. Attachments turn love into fear, peace into anger and then distort our attitudes and actions towards others. This is neither relaxing for ourselves, or for those around us. Which is why detachment is the secret to living lightly and lovingly. To be a radiator that people come to for real warmth, what do you need to detach from today? If you don't detach then you will stay attached, and then you will see others and life itself as a threat, and your tension will keep them away. But they cannot threaten you. Only your dependency on a thing, or an idea, or an opinion can be threatened.

relax7

Consciousness

There are two different basic levels of consciousness; *I am a body* (which is illusory (false)) or *I am a soul*, (which is real). When the feeling is *I am a body*, the thought process is trapped in the limitations, problems and vision of the physical identity. Its reaction to others is on the same level.

Given below is an awareness-thought-decision-action-result cycle in the case of a typical father-son relationship. You will notice the difference consciousness can make to the cycle.

Awareness

Body Consciousness: I am the father. I know the most.

Soul Consciousness: I am a soul. My natural state is love and peace.

Thought

Body Consciousness: My son should listen to me as he is my own flesh and blood.

Soul Consciousness: My son is a soul too. As a soul he is my brother.

Decision

Body Consciousness: I will teach him a lesson.

Soul Consciousness: I will respect his idea also.

Action

Body Consciousness: Father argues with son.

Soul Consciousness: Father and son discuss with respect.

Result

Body Consciousness: Ill feeling between father and son.

Soul Consciousness: Respect maintained.

Strength

When we think of our weaknesses as 'our' nature, we will feel bound by them. When there is the feeling of 'mine' there is a feeling of belonging, and naturally we feel a right to use that weakness. When we

work with any weakness we will not be able to experience freedom. When we are confronted with our weakness, we need to develop the consciousness that we are the master, this weakness is not ours and we don't come under the influence of that which we have taken on from outside. We need to understand that our nature is not that of weakness, but of strength. Practicing in this way enables us to become free from the bondage of the weakness.

Soul Sustenance

Playing My Part As A Hero Actor (Part 1)

While just as beings we reside in the soul world, as human beings we play our many roles through many physical bodies in this beautiful world drama on this amazing, colorful and round stage called planet Earth. Each day is filled with multi-million scenes in different locations on this very big stage. Some scenes are directly related to us, some indirectly and a lot many aren't related at all. **Each scene that we are directly involved is an opportunity to not only play our role in the best possible way but also as a result shape the role in the most appropriate way possible. Therefore, we are all hero actors who by playing our roles as well as possible, create the script of our own life i.e. create our own destiny.**

Do remember doing this has a positive influence on others' scripts also, which rebounds back to us and in return helps us in our making our scripts better. While we have been given a role to live the entire birth right from childhood to old age, we possess the power, the remote control to dictate and control as to how exactly we will live the day, the year and each year of our present birth, our present role.

Each day offers us multiple options as to not only how we act but also how we respond to the world around us and our script or destiny gets shaped up according to the options we make. **Our destiny is decided not by what happens to us or around us, but by (i) how we act (sometimes the actions are responses to external events and sometimes they are not) and (ii) how we respond to a million events and circumstances which we encounter as we make this complete journey of life.**

Message for the day

Even the impossible becomes possible with determination and there is sure success.

Expression: The one who is determined is the one who never gives up in adverse situations. He is able to use all the challenges as a means for self-progress. He is never deterred with situations which seem difficult to handle, but is able to creatively bring out new ideas that help him to cross over the obstacles with ease.

Experience: Determination brings confidence in me and in my ability to achieve what I set out to achieve. I am able to remain confident and sure of my own success. This confidence gives me the encouragement not to let go half way through, but to do something till the end. With each obstacle that comes my way that seems to deter me from my path, I find myself improving and progressing, making myself better and better. So I am able to experience success constantly.