



Vintage postcard, 1914: Antique Photograph; Portrait of an Edwardian lady.

### **Simplicity and Royalty**

There's great beauty in simplicity. It's not plainness, however it is plain in the sense that words and actions are enacted with great royalty, full awareness and with so much significance. Simplicity takes us away from artificialities, it simply accepts and in that acceptance shows us grace and humility in every circumstance.

## Innate (Basic) And Acquired Value

Everything we see has what can be called its **acquired value** and its **innate or basic value**. **The acquired value is that which it has picked up by coming into contact with external objects throughout its existence or life. The innate value is what it always is irrespective of its external interactions.** For example, the acquired value of gold changes with the fluctuations of its price in the market. Its innate or real value is that it's one of the most beautiful metals; very ductile, malleable, etc.

If we were asked about the qualities of any good, peaceful relationship with someone, we would quickly reply: love, trust, patience, respect, honesty, sincerity, tolerance, humility, sympathy, etc. How do we know this? Is it purely from experience? Can we remember having really experienced any of these qualities in any relationship completely and constantly? Probably no. Then how can we say it is from experience? In such a case, where does this urge for rightness come from? Our heart tells us it comes from a basic, inherent sense of what is true and good, of our innate value. Though these qualities are what we see as our ideal qualities; when I am in a weakened state, I'm unable to bring them into practice, when I want, according to the needs of the moment. They need to be strengthened inside. One of the most immediate benefits of the practice of meditation then, is to bring about this internal strengthening. My basic qualities are just waiting for a chance to emerge out in the open. **Like a light bulb without current, possibility of lighting up my qualities exists, but they need to be connected to a source of power, which is exactly what meditation gives us.**

## Soul Sustenance

### Providing Emotional Support To Your Loved Ones

What do we do when friends and loved ones come to us for, and expect emotional support from us? Spirituality teaches us the right technique of providing emotional support – the technique of detached involvement, which is the technique of not being overawed, of not being affected ourselves by the emotions of others. **If a friend, colleague or any loved one is upset and we also get upset (because we love them – that's what we normally say), we cannot provide them the necessary support or the assistance to see why they are reacting emotionally and how they might change the nature of their emotions by themselves.** True love for someone would mean that I am able to provide them that. While being concerned is fine, but by becoming upset, seeing them upset simply aggravates the situation and adds fuel to their fire.

**By remaining detached, we can be more effective in our ability to care, listen and help them think clearly about the situation, they find themselves in.** Only if we are stable, and that can happen only when we are detached, will we be able to provide them stability. We can encourage and empower them to change their negative reaction to a more positive response, and thereby generate a healthier energy. If we become over-involved in someone else's problems, there is a risk that our own judgment will be affected negatively. This is why making decisions and choices under the influence of your own and others' emotions is normally ineffective.

## Message for the day

### To understand the power of positivity is to finish negativity.

**Expression:** All it takes to finish darkness, is a little light. What is real is light and what needs to go away is darkness. In the same way, negativity is nothing but a lack of positivity. The one who is able to use positivity in situations, is able to finish negativity very naturally. There is a very powerful influence of this inner positivity, where no negativity of the self or the others remain.

**Experience:** When I am able to enable myself to use the power of positivity, I experience myself to be free from the influence of negativity. I am powerful in all situations, and deal with them with great ease. Others or situations don't have an influence on me. Instead I am able to influence others with my own commitment to positivity.

### Balance

To be balanced is to have the ability to do the right thing at the right time. It is the ability to use the head and the heart at the same time. It is the ability to have love and discipline. There is neither too much love nor too much discipline. There is an equal quantity of both. When there is balance in my every act I am successful in my relationships. Because of this I receive their blessings too. I experience success in all I do and am able to enjoy a life of bliss. I am not caught up with questions about anything but am able to get the solutions in a second.