



## The Weightless Mind

When your mind feels heavy, give yourself a moment to let go. Like a bird, use the wings of your thoughts to take off, letting go of the branch, the things of the past, and the way you thought yesterday...

Rise up into open space and notice the weightlessness of the moment. Notice how seconds don't weigh much as you enjoy the weightlessness and the lightness of your being.

Feeling light, slowly bring your thoughts back down to your surroundings and return your mind to the task at hand.

## **The Three Mirrors For Inner Beauty (cont.)**

**The third mirror is the mirror of your own thoughts, words and actions** - What you think and feel about yourself and others is invisible to others and only you know what it is. But you radiate your thoughts, feelings, emotions and attitudes through your facial expressions, your eyes, your words, your body language and your actions when you interact with others. That way **your words and your actions act as a mirror in which to see yourself**. You achieve this when you are a detached observer and you become aware of your responses, your reactions and how you express what arises from within you. **This awareness of being an observer needs to be maintained sub-consciously throughout the day and consciously in the night by filling a daily chart before sleeping, on any three personality traits** of your choice. Your main weaknesses or strengths you want to enhance should be included in the chart. We have explained the different types of traits that can be covered in a daily chart in our older messages. You could either evaluate these personality traits with a yes or no or perform a percentage wise evaluation like 50% or 80% for e.g. So it is a good practice to look into this mirror once in the night, before sleeping. This mirror will give you a review of the day that has gone by and make you careful for the next day. The daily chart is useful for this purpose. Filling a daily chart does not take more than a few seconds.

Finally and most importantly, always do remember that **those who use these three mirrors actively and use them well to ensure that their internal self looks good and beautiful all the time become living mirrors for others**. People who come in contact with them are able to see accurately what their internal self looks like. On seeing how beautiful and perfect they are, other people quickly realize their shortcomings or weaknesses and also take inspiration to become as beautiful, clean and virtuous beings as them.

## Expectations

Usually in relationships we begin to expect from people whom we get close to. We feel that because we have love for them we have a right over them. Because of our expectations we are not able to give the other person freedom to move forward or progress. When we have true love we are able to provide the right environment for people so that they can bring about progress in their life. We will not hold on to them and expect them to do everything according to our needs, but give them real support.

## Soul Sustenance

### The Five Spiritual And Five Physical Elements (Part 3)

As explained in yesterday's message, in the hierarchy of the three entities around which the whole World Drama revolves – the Supreme Soul is right at the top, the human souls are in the middle and nature is at the bottom.

**So, the process of restoring the balance of the spiritual and physical elements has to be initiated from the top i.e. by the Supreme Soul.** The human souls which are in the middle of the hierarchy benefit from this process directly. **The human souls, by transforming themselves i.e. by filling themselves up with the five spiritual elements peace, purity, wisdom, love and joy from the Supreme Soul and restoring their balance in their personalities, then bring benefit to nature which is at the bottom of the hierarchy.**

This is because their doing this causes the positive energy of the five virtues to spread in nature, which results in the balance restoration of the five physical elements earth, air, water, fire and sky and the five spiritual elements or virtues in the personalities of animals, birds, insects (the same principle as explained yesterday). This entire process, explained above, takes place in the Confluence Age which is a small Age between the Iron Age and the Golden Age, which is again the present time. So, the Confluence Age is an Age in which positive transformation takes place. Thus, at the present moment of time, the two Ages - Iron Age and Confluence Age co-exist.

**The Supreme Soul does not bring direct benefit to nature, He does that via human souls, who are intelligent enough to catch his directions and connect with Him and as a result transform themselves.** So, the human souls when seen with respect to the Supreme Soul, who is the Creator; are the Creation, who benefit from Him. But the same human souls, when seen with respect to nature can be called the Master Creator and nature can be called as the Creation. Here the phrase Master Creator means children of the Supreme Soul, the Creator, but at the same time those children who possess the power to perform the task of balance restoration for the self as well as the Creation, similar to the Creator, under his guidance and by absorbing power from Him.

**We shall explain the actual process of imbibing the five spiritual elements from the Supreme Soul in tomorrow's message, which is the last of this series.**

### **Message for the day**

**To move towards perfection is to have commitment for goodness.**

**Expression:** The one who has a desire to move towards perfection is constantly busy trying to add goodness and positivity to everything he does. The aim is not just to keep out negativity but it becomes more important to add positivity. So such a person finds constant progress in his life and slowly moves towards perfection.

**Experience:** When I find little excuses to bring about positivity, I am able to enjoy each and every moment. I never find anything ordinary or waste but everything is meaningful and beautiful. I am able to enjoy the richness of each and everything and discover the hidden treasures in each and every moment. I find myself slowly moving towards perfection.