



Amsterdam Netherlands

Beautiful Manners

A person of wisdom and spirituality has very beautiful manners that have grown from genuine respect and love for the whole of humanity. Manners in this sense have nothing to do with culture or education: it is simply a question of humility. When we are at the receiving end of such manners, we feel that some deeper part of us has been honoured. In fact, none of us deserves anything less.

Trustee Consciousness

We all have a relationship with everything. Obviously the relationship we have with the people and objects in our immediate vicinity is more intimate than the rest of the world. For most of us the most common relationship is possession. In our minds we think we own and possess things like cars and houses and carpets and golf clubs etc. This thinking easily spreads into jobs and tasks and positions and perhaps even other people. "I want you", and "You are mine alone", is the essence of many romantic film scripts and song lyrics. What we forget is that this relationship is wrong. It is not possible to possess anything. Care for..yes. Use...yes. But possess...no. You can't take it with you when you go, so we say! And yet it's the idea of possession which lies at the heart of all fear, war and conflict. Can you see it? Fear of loss, fear of not acquiring what we have already decided is ours in our minds. So what is a better relationship we can choose which takes all the fear away. Be a trustee. Everything comes to us in trust, for us to use and then to set it free. The consciousness of trustee sets us free of the tension of grasping and guarding. To see ourselves as trustees of everything that we receive, including our bodies, encourages our innate capacity to 'care for with dignity'. It is a much more relaxing way of relating to the things which we are privileged to receive in life. relax7

The Faculties (Energies) Of The Soul (cont.)

The **intellect** is used to assess thoughts. This is the faculty (energy) of the soul used for understanding and decision-making which stands out as the most crucial faculty of the three. With the deepening and broadening of the intellect, clear understanding and realization of knowledge becomes natural, and the power to decide and reason becomes clear. It is the intellect which remembers, discriminates, judges and exercises its power in the form of will-power.

Sanskaras is a Hindi word which best describes what we could call "impressions". They are the record of all the soul's past experiences and actions. *Sanskaras* can take the forms of habits, talents, nature, personality traits, beliefs, values or instincts. Every action performed by a soul either creates a *sanskar* (this is how a habit begins) or reinforces an old one. Whatever impression is etched in the soul remains within the soul, forming a complete collection of all the experiences that the soul has had. When we speak of defects, specialties or virtues we are referring to the *sanskaras*. The *sanskaras* are the basis of the soul's individuality.

Soul Sustenance

Understanding What Is Time

We created the concept of time to **measure our experience of the space between events. Time passes only because we experience change. What is change? Change is only a series of events. So time is our experience of the speed of events.** This explains why time seems to be moving faster today, because both the speed and the number of events are increasing. And it seems even faster if we participate in those events. If the speed and number of events was less, we would experience time to be moving slowly, as it used to be a little earlier in the history of mankind.

Today, sitting in our living rooms and offices, electronic, print and other media allows us to observe hundreds of events from all over the world, every day. To observe them actively is to participate in them. **If you want to slow time down, learn to be a detached observer of the thousands of events around you – participate or observe actively only when necessary. If you want to stop time, meditate and be in your original, timeless, eternal consciousness.** Meditation is after all an art of shutting down your senses and slowing down. Today, we fear time, as a result we hear ourselves saying many a times, * Hurry up, time is running out! or * I hope to have more time tomorrow! or * I need to save time! Ultimately time, is our life: it cannot be saved or lost, but must be lived now. This is where your will-power is important - we can choose exactly how we spend our time at any moment.

Message for the day

Few words are required when thoughts are positive.

Projection: I sometimes find myself using a lot of words to convey what I feel or to give explanations to others. Yet I sometimes find that others are not convinced with my words. I am then at a loss about what is to be done.

Solution: Positive thoughts actually reach out to others and create the right environment. All I need to do is to create an atmosphere of positivity by maintaining my own positive thoughts. Then I will not have to use so many words to prove my point or to convince others.