



### **A Mother**

A mother teaches her child with love and patience until the child learns. Be a mother and teach your mind to have positive thoughts and to let go of worries. Then when your mind needs peace, it will obey you.

### **Confidence**

We need confidence in self to make accurate decisions. Confidence comes from accepting the self as one is. Confident people know a mistake is an opportunity to try in another way. Openness and flexibility is also needed. This comes from confidence and self respect. It means I should listen to others and not impose my views. The more you know, the less you tend to speak.

## Important Understandings On Reincarnation (Cont. from yesterday)

5. Each time a soul leaves an old body and takes a new birth, it carries its *sanskars* from the old birth into the new one. Other *sanskars* that can be present in the new body (apart from the ones **from the previous birth**) are:

\* ***sanskars* from parents**

\* ***sanskars* accumulated during the new birth** e.g. from siblings (brothers or sisters) or from friends, also those picked up during education and more

\* ***sanskars* of will power** (the ability to bring about changes in the self using will power)

\* **original *sanskars*** of peace, love, purity, bliss, joy and power (the ones that were present in the soul when it first came down from the soul world into the physical world to play its part)

Out of these five types of *sanskars*, in each soul, the *sanskars* that are visible at different stages of life are varied e.g. in some soul, *sanskars* may be completely different from the ones the parents possess, because the *sanskars* from the previous birth are more visible; in another soul, *sanskars* of will power may be intense, the soul may have brought about a lot of transformation in its personality since the time it was born; in a third soul *sanskars* from parents and friends may be most visible; in another soul, practicing meditation, original *sanskars* may be more visible, etc.

(To be continued tomorrow ...)

### **Soul Sustenance**

#### **Are You Dependent On The Look Of The Other?**

We have to trust that, being ourselves, we will be well-received and loved by the world. If we are here, why have we been incarnated on Earth? To satisfy the look of the other or to bring what is unique and exceptional in us? We all have two eyes, a nose and a mouth but no face is the same. We are all a being of conscious energy, a soul, but each one has a colour, an art, a creativity and something different to contribute. Let us trust in ourselves and use our talents to bring our difference.

You can be your best friend. Imagine that someone accompanies you in your life, values everything that you do and finds it to be great: what you do, what you say; you are the best; extraordinary; a shining being; a star. Now imagine that you have that person next to you day and night. How do you feel? On top form and you are fine. This happens in relationships. When someone loves you very much, they practically only think about you; they ring you, they send you text messages, maybe they write you letters or emails. You feel unique, special and loved. But this does not last forever and, nowadays, it lasts less and less.

The difficulty is that if you depend on the look of the other to feel fine, sometimes you will be fine if the person looking at you does it well, but if not, you won't be fine. How do you look at yourself? This unconditional friend that loves you so much and that supports you is what you have inside. You can be your best friend. This gives you security and trust. If someone else likes you or doesn't like you and criticizes you, you won't collapse within because to be fine you do not depend on the look of the other.

### **Message for the day**

**The way to be rid of waste thoughts is to maintain a powerful thought.**

**Expression:** When the intellect is accomplished with powerful thoughts, waste thoughts cannot enter. Only when the intellect remains empty that there is place for waste thoughts to enter. To be busy with elevated thoughts is to keep the mind free from waste. All it needs is to turn on the switch of one powerful thought, then wastage finishes. This is just like a switch which brings light and finishes darkness. Then there is no wastage in words and actions too.

**Experience:** When I make the practice of keeping a single elevated thought in my intellect, I am able to be free from the bondage of wastage. I find that a lot of time and energy of mine is saved. Even when there is an external situation of conflict, chaos and confusion, there is no internal chaos and there is only power in my thoughts. So I make decisions easily and quickly and I enjoy all the situations that come my way.

