



Great Wealth

To be content with a little is a great wealth

Detachment

There is benefit in every situation, but to gain benefit especially when loss is in the air, one must be honest with the self. This means assessing and facing the self with no lame excuses. If you have the power to transform negative to positive, you will always experience positive. Those who defame will be your friends; obstacles become opportunities to take high jump and storms will cement your relationship with God. It is important to see the total picture which includes seeing your own actions. You have to be detached from the scene - only then can you assess the situation without being influenced by your injured ego.

Meditation On Experiencing My Original Lovely Nature

I sit in silence, letting my thoughts go away from the outer world... I allow my mind to relax... to calm down... I focus my attention on the heart of my being... My heart is like a sacred silent place where I can feel what I really am... I am peaceful and light... a loving soul... strong... secure... kind...

I have many virtues and qualities that I can share with others... Now my attention is going towards the quality of love... I imagine love like a seed in my heart waiting to awaken... grow... and blossom... like a rose... For this, I only have to accept... believe... feel... that I am a soul full of love... child of the Ocean of Love... I am a spiritual rose flower... radiating the spiritual fragrance of love...

Letting go of the past... letting go of expectations... fears... negative feelings... forgiving... opening my heart... feeling that it is cleansed and this energy of love is as pure as the clean water flowing from a waterfall. Nothing and nobody have touched it... this is a love that asks for nothing in exchange... the love of a clean heart is unselfish... free of ego and expectations... It makes truth and sincerity grow... acceptance and understanding... I open my heart completely to love... I inhale deeply... I visualize my heart filling itself with this energy of pure love... I exhale slowly... and I visualize radiating this light of love from the deepest part of my heart towards the world... I am a beautiful soul of light radiating peace and love... I am love... I love myself and accept myself and others...

Soul Sustenance

The Cyclic Functioning Of The Three Faculties Of The Soul

The soul consists of three faculties – the mind, intellect and *sanskaras*. They work together in a cyclic fashion. How they work together can be illustrated by looking at how habits or *sanskaras* are formed e.g. if you are used to scolding your children to get them to do their homework, here is what happens when you visit a friend's place and watch, for the first time, how your friend is doing the same to his/her child, you might think (done by the **mind**): 'I should adopt the same method to discipline my children, they never listen to me '. Your **intellect** discriminates and judges whether

that thought is right or not. Seeing others using the same method, and also seeing that the children are not being affected in any negative way (at least in the short term, not realizing the long term harm) and also seeing them get the desired result, you make a decision to do the same, which leads to the action of scolding your children.

This creates an impression or memory within the soul, somewhat like cutting a groove in a piece of wood. This groove in the soul becomes a characteristic of your personality and is known as a **sanskara**. Within the groove is recorded the memory of, firstly, the action of scolding the children and, secondly, the desired result from the action. Now, whenever your child disobeys you even a little bit, this *sanskara* is activated and the memory of the action and result associated with it emerge in the mind triggering a thought: 'Let me scold my child, that's the best way to get him to do things'. The intellect judges the thought, remembering the proof of the scolding, based on past experience, and then makes the decision that it is alright to using anger as a weapon to discipline the child. In this way, the sanskara keeps getting deeper and deeper. The cyclic process explained above, applies to all habits, whether physical or non-physical.

Message for the day

Detachment adds quality to each and every action.

Projection: When we are detached, we will not be bound by the action itself, but will perform the action in a detached way. This means that we perform the action, yet we are not dependent on the fruits of the action. This automatically increases its quality. Then we would be free and uninfluenced by the bondage of the action.

Solution: In any situation where we find ourselves doing a lot yet with a feeling of not attaining anything, we should ask ourselves if we are attached to the task at hand. The more we are attached, the quantity of work that we put in increases at the cost of the quality. When we are detached we are able to give our best in all that we do.