



Diamond 'super-Earth' '55 Cancri,' a star that hosts five planets, 40 light years from our solar system, has a carbon-to-oxygen ratio greater than one.

<http://phys.org/news/2013-10-diamond-super-earth-precious-student.html#jCp>

## Your Best

As you do, so you become. Every action that you perform is recorded in you, the soul. These imprints ultimately mould your character and destiny. When you understand this principle, you will pay more attention to bringing your best to everything you do.

## Desires

Desires cause peace to disappear. You think that acquiring things will make you feel secure, but the reality is that the more you have, the more fear there is of losing it, and the further you are from peace. Desires are the cause of all conflicts. When you want something and cannot get it, you become frustrated. Learning to be free from desires is learning how to stay peaceful.

## **The Hurting Of The Ego**

Almost everyday or every second day we come across a situation when someone says something to us which is not very pleasurable or we chose to perceive it to be so. In either case, we feel insulted and get upset as a result. In some cases we react and display our feelings. In some, we don't. In either case, the result is a depreciation (decrease) in our happiness index. Why does this happen? It's because you have created, attached to and identified with an image of yourself in your mind that does not match with how the other sees or perceives you, as a result of which you believe you have been insulted and you get upset.

**As long as people's perception of you matches the image that you have created inside your mind of yourself, you are content with them, but as soon as the opposite happens, even if its to a very small extent, you become disturbed, because you are attached to that image.** The more the attachment, the greater the hurt, the disturbance or reaction. You could examine this phenomenon very closely, taking place inside yourself everyday. This kind of attachment mentioned above is called ego. **That's why the phenomenon explained above is called in common language 'the hurting of the ego'.**

**In tomorrow's message, we shall explain this phenomenon further with an example.**

## Soul Sustenance

### Effect of Food On The Mind (cont.)

Three categories of foods are defined corresponding to the particular energy that exists in them.

The first is **Satwik** or sentient food (explained yesterday).

The second group is **Rajasik** or mutative food - it contains a mutative energy of restlessness, constant movement or change. When this force is consumed, the mind and body become agitated and nervous, unable to calm down and relax. These foods include caffeinated drinks such as coffee and many teas, hot spices, fermented foods and some medicinal drugs.

The third group is **Tamasik** or static food - this type of food has a static force of dullness, inertia, intoxication, and attraction towards sensuality (body-consciousness), decay and death. Death occurs when the other two energies (sentient and mutative) are spent and the static force is the only dominant force. Static foods include meat, fish, eggs, alcohol, mushrooms, onions and garlic.

### Message for the day

**To be a master is to be free from one's own weaknesses.**

**Projection:** We are usually under the control of our own weaknesses in a negative situation. We first respond to the situation with our weakness and then try hard to change our thoughts. But we don't find ourselves succeeding and the weakness gets the better of us.

**Solution:** We need to develop the consciousness that we are a master and the weakness within us, our creation, and so it is totally in our control. When we develop this consciousness we will be able to win over our weaknesses easily.