



## Balance

The indication of balance in life is a sense of well-being, optimism and a clear conscience. The foundation for achieving this is to look after myself spiritually - making my mind peaceful, loving and thoughtful. Then I will instinctively know how much time to spend on my own well-being and how much on fulfilling other responsibilities. I can only give my best to others when I am myself at my best.

## Dependency

We can retain our positivity by working to remove worry and sorrow from our heart and mind. It helps to recognize that negative feelings are triggered by dependency on one or another physical aspect of existence; the body, relationships, wealth, or circumstances in the world around us. If any one of these is in a state of upheaval, we are liable to become troubled. But it is our dependency on these things, not the upheaval in itself, which causes deep distress. If we become free inside, worry and sorrow will finish.

## **The Five Spiritual And Five Physical Elements (cont.)**

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.**

## Soul Sustenance

### Factors That Bring Us Closer To Success

**Given below are some factors that bring us closer to success:**

- . High self-esteem.
- . Constancy.
- . Courage and determination.
- . Integrity and honesty.
- . Self-acceptance and acceptance of others.
- . Believing in what you do, regardless of external factors.
- . Responsibility.
- . Dedication, determination and tranquility.
- . Being positive in the face of adversities (negative circumstances).
- . Being consistent with your values.
- . Precision in decisions and choices.
- . Focus.
- . Performing all .karmas. with love and happiness.
- . Giving the maximum of yourself in everything you do.
- . Creativity.
- . Thoughts and actions in tune with each other.
- . Appreciation and blessings (good wishes) from others.
- . Gratitude toward oneself and others.

### Message for the day

**When there is a balance between easiness and reliability, there will be benefit for others.**

**Projection:** When we understand our responsibility we would understand that what we do effects the lives of others too. So we will be cautious. Apart from this we will also know to take care of our own well-being because we would know that others will gain form our healthy attitudes.

**Solution:** Let this day be dedicated for removing some weakness within myself that is creating an obstacle for others and myself. When I do this I will not only be helping myself but there will be benefit for others too.