



### **Good Software**

Positive thoughts are like good software that helps us to perform to the best of our abilities.

### **Respect means Acceptance**

Love is the strength that gives you life. When you receive love you lose fear and you can give the best in you. The practical form of love is respect. Respect means acceptance of the fact that we are all different and unique and at the same time, we all have something important and valuable to share.

## **The Hurting Of The Ego (cont.)**

Continuing from yesterday's message, we commonly use the terms - **my ego got hurt** or **I think your ego got hurt**. **'You hurt my ego' is nothing but you hurt or harmed the image that I carry of myself (as discussed yesterday) with me each second everyday. Because I carry it with me all the time, I have become attached to it.** e.g. If, on a particular day, you reach home late from office and your wife, who is angry with you, accuses of not being a family man and one who doesn't give enough time to her and the children. Your reasons for reaching home late may be genuine or not, your wife may be right or wrong on that particular day.

In either case, you carry an image of yourself, all the time, as being a very loving, caring father and husband, who has been responsible for the all-round growth and development of the family in all respects since the family was created. Your wife's words basically pinch that invisible image, as a result of which you feel insulted and hurt and you react angrily, not necessarily in front of your wife, but it could be in front of someone else or even just internally. This phenomenon happens many times, in various different situations with different people throughout the day and every day.

The image that we all carry of our selves is made of various traits or characteristics, obviously the characteristics of each one's self-created image are different. These characteristics of the image may or may not actually exist inside the real self, but whenever someone challenges any of those characteristics or tries to suggest to us that one of those characteristics is not ours or does not exist inside us, we react.

## Soul Sustenance

### Being a Lighthouse For The World (Meditation)

Sit in silence and visualize the following thoughts:

In a deep meditative state see yourself sitting in front of the Supreme Soul, the Supreme Being of Light, in the soul world. I a point of light, experience golden rays of spiritual light and bliss descending on me... and through me into the whole world (globe) below... I feel these rays charging the atmosphere with vibrations of purity, love and spiritual calm... I am bathing in golden light... strong currents of spiritual might are radiating from me in all directions... I am a spiritual lighthouse... I have the deep realization of being separate from my body. .. I feel that I am a brilliant point of light with rays of very high intensity bursting and darting forth from the soul for the service of the whole world. .. There is no feeling of my body and no conscious thought except that of being absorbed in the peace and bliss of the Supreme's love... I feel completely filled and that I have obtained the ultimate... the final and highest destination – satisfied that through this stage of fulfillment, I serve others.

### Message for the day

#### To judge others is to take law into our hands.

**Projection:** When we see anyone doing something wrong, we immediately begin to think about it and judge them based on whatever we have seen. When we bring any such negative thoughts we will not be able to help in any way to overcome the weakness.

**Solution:** We need to remind ourselves that we have no right to judge others. The only thing we need to do is to see if we can help them out in anyway to overcome their weakness. If not, we need not think or talk about it, i.e., we need not take the law into our hands.

