



### **Humility**

Humility is rare because to have it you have to want nothing, yet when you have it you get everything.

## Selflessness

When there is selflessness in every action, there is the ability to express the best that is within. Such a person is able to be himself, yet discovers something new and becomes better and better each day. Nothing is done just to attain something, but it becomes a natural expression. Then there is a beautiful result too.

## What Are Thought Vibrations?

The word atmosphere has two meanings. One refers to the physical air around us and the other to the more subtle effect that thought vibrations create in a particular space. No one can deny that the atmosphere of a crowded restaurant is different from that of a temple. This is mainly because of the effect of different types of thoughts and feelings in that space. Even someone deaf and blind would have the ability to pick up the difference. Sound vibrations are invisible but their impact isn't. A pneumatic drill or a jet breaking the sound barrier jolt both our minds (non-physical effect) and the walls of our houses (physical effect). **Thought vibrations can't be seen but their non-physical as well as physical impact is even more powerful and influential.** The panic that people generate during a stampede or an earthquake and the euphoria (absolute joy) of victory in a World Cup final cricket game are examples of how thoughts create an atmosphere.

On a subtler level, many of us have the experience of basic telepathy - 'I was just thinking of you and you called'. Thoughts connect individuals over large distances. Doctors inform us that over 90% of the physical body's illnesses have a psychosomatic (mental) origin i.e. they are a direct or indirect result of our state of mind. That makes the human body the prime example of how thoughts affect matter.

**Since the world is made up of the collective, personal worlds of all individuals, then it's easy to see how the international political, economic and social atmosphere is nothing more than the collective effects of all our thoughts.**

## Soul Sustenance

### Varied (Different) Concepts About The Supreme Being or God (Part 1)

Various questions related to the Supreme Being or God for the vast majority remain unanswered and therefore the experience of God remains unfulfilled. The concepts about God are as varied or different as are the sanskars of human beings.

#### **Some common concepts about God:**

- Some say God is everywhere.
- Some say He is nowhere.
- Some say He created the whole Universe out of nothing or out of Himself: others see that as illogical and impossible.
- Many say God is beyond the understanding of limited human intellects, others believe that they have understood Him and are then respected as self-realized or spiritually knowledgeable humans.
- Still others believe themselves to be God and allow themselves to be worshiped.
- Some say that God creates only what is good, and others say that He also creates evil or bad, and that everything that is happening in the world is just God's play.
- God is seen by some to be just an expression of human beings' needs and that they will soon go beyond needing such a figure-head (someone who is looked upto).
- Some say He makes the grass grow and the wind blow, others say He is merely the voice of the conscience - the inner voice.
- Others define God as the higher self who remains constantly at peace; this concept is called cosmic-consciousness, since the one with this characteristic is said to be at one with the whole universe.

(To be continued tomorrow ...)

## Message for the day

### Where there is honesty there is flexibility.

**Expression:** When someone challenges the truth of what we are saying we generally tend to argue and prove our point in order to prove ourselves right. When we argue in this way, it only shows our own stubbornness and doesn't help in anyway to reveal the truth. Where silence doesn't help in revealing the truth, argument never will because the other person is not in a position to listen to us at that moment.

**Experience:** We need to realise the fact that when the other person is not able to recognise the truth, our arguing will not help in any way. When the truth is with us we need not argue but we only need to wait for the right opportunity to tell what we have to say. When we try to tell when the other person is not in a position to listen to us, it only reveals our lack of flexibility.