



### **Peace and Stability**

Every moment is precious. Let me fill myself with so much peace and stability that whoever comes in front of me at any time is at ease and uplifted.

## Self-Respect

To have self-respect means to be free from the external influences. The mind does not need any inputs to feel good about itself. To have respect for the self means to constantly express the positivity that is within. It means to have the right state of mind and the right way of working with the self especially when things are not going well. The basis of my constant experience of progress is the ability to give respect to myself under all circumstances, i.e., whether others give me respect or not. Also when I am not able to achieve the desired results or when I am not able to be successful, at that time I need to be good to myself. Then I will be able to be the best and do the best with what I have.

### Turning Qualities Into Powers (cont.)

There are interesting spiritual parallels to the way the physical sciences differentiate energy and power. In physical terms, energy is defined as the capacity of doing work. Power is defined as the rate of doing work.

Similarly, we can look upon **spiritual energy as our capacity for experiencing the original qualities of the soul**. We all have this capacity, but to different degrees. **Spiritual power is then seen as the extent to which we put these qualities to work in difficult situations and in our relationships**. Spiritual power helps us remain in a state of truth, in the face of the various tests that come. Also, our actions and relationships give us an opportunity to utilize the power we have accumulated.

The qualities of God experienced in meditation are also the original qualities of the soul, but the link with God is essential for us to enhance these qualities inside us. In fact God, too, needs the connection with us, despite having these qualities to the highest degree, in order to exercise his power to restore truth to the world.

There are eight key spiritual powers - power to tolerate, power to adjust, power to face, power to pack up, power to withdraw, power to co-operate, power to discriminate and power to judge and in terms of their application in everyday life - all of which we have discussed and shared with our readers in earlier messages.

## Soul Sustenance

### Self Empowerment

We do not realize that we are more than the limits we repeatedly place on ourselves.

What is it that limits and overshadows us? The prayers and the requests of the human race for many centuries - with I need, I want and I own, people place value on the self by relating to the material, external aspects of their lives. However, this does not work and when people insist on behaving in this way (that is, relating to the outside), then addictive attachments are created. They try to fill themselves, but exactly the opposite happens: the self becomes more and more empty. Unfortunately, the mechanism of need and greed functions in this way: first, there is the illusion of gain and secondly, when this is not realised, depletion (emptiness), instead of enrichment (filling up), occurs. Whatever the addiction is, no matter how camouflaged (hidden) it may be, it quietly but surely, ruins the person. It is a silent illness that only meditation can cure.

### Message for the day

**When we are in the elevated company of the One God, no bad company will influence us.**

**Expression:** Sometimes when we are working for our self-development we sometimes wish for support or understanding from others which we don't always get. We actually look for a role model, whom we could follow or who could be an inspiration for us. When we don't find anyone like that we tend to get disheartened and continue to justify ourselves for not bringing any change in ourselves.

**Experience:** The solution lies in becoming a role model and a source of support for others instead of expecting others to do so. For this, we need to pay extra attention to the kind of company we keep. Under all circumstances, if we keep God as our companion we will not be influenced by any other company, however strong they might be. We will then be able to bring about change in ourselves.

