



Relaxed

Your intellect follows your sight. Your mind runs behind. Teach your eyes to have an elevated vision and your mind will be relaxed.

Enthusiasm

Whenever problems come my way, I tend to feel heavy with waste and negative thoughts. At that time I am not able to feel free and light. When there is heaviness in my mind, I can't move forward with enthusiasm and thereby find it difficult to contribute for others' progress too. Whatever the circumstances I am faced with, I need to make special effort not to reduce my enthusiasm in any way. Enthusiasm gives me courage and this courage in turn helps me use my own specialties for others' benefit too. I begin to discover new resources within me which can be used for everyone's benefit.

The Dynamics Of Greed

Deficiencies inside us bring about a spiritual void or the lack of wholeness (fullness). As we lay the foundation of our lives on deficiencies or weaknesses, the result is suffering, sorrow and peacelessness. If we act in harmony with spiritual virtues and qualities, the result is cooperation, happiness, peace, contentment and finally, wholeness.

A spiritual void leads to selfishness and causes the creation of greed inside us. We want to have more and possess more, which generates a state of expectation and stress. We fill our lives with things and objects to cover up deeper deficiencies. Then we are afraid of losing them. We generate expectations of all kinds, and when they are not fulfilled we react with anger, frustration, fear or disappointment. The inner emptiness makes us become greedy. We fill ourselves with objects, properties, things. **We take and consume more than what we can give to the Universe in the form of positive thoughts, feelings, vibrations, actions etc. and this brings about imbalances in the self, in relation to others and with nature.**

Something similar happens on a physical level. The body has a capacity to recycle and eliminate waste through different mediums. However, since we consume more toxins than the body can process, it leads to imbalance and we are more prone to feeling physically ill and unfit and developing diseases etc.

Soul Sustenance

The Triangle of Spiritual Energy (Part 4)

Referring to yesterday's message, in the triangle of harmonious energy, all three points (**the self, the Supreme and others**) need to be equidistant - not too much one way or the other. The equidistant triangle in ancient mathematics was the symbol of harmony. Harmony, peace, order and balance is what is natural in human life and if we wish to return to that condition, we need to realize the importance of equidistant relationships. It requires constant attention to keep the three points in balance and in working order. Otherwise, when we get over-focused on any one of the three, we become inflexible. This inflexibility causes us to go out of balance and the result is disharmony and disunity, which can also be called 'violence', an unnatural condition, or even hell when it reaches an extreme point.

In order to maintain a balance between the three, I need silence: times of introspection when I can check the flow of three of my relationships – with the self, Supreme Source and others. This checking mechanism protects, sustains and develops the qualities of these three points.

Message for the day

True help is to give support in such a way that people become independent.

Checking: Think of those people we are giving some kind of help or support. Check if we are helping in such a way to make them independent or is our help making them dependent on us.

Practice: We should remind ourselves that our aim in helping is to make people independent and strong in such a way that they are able to support others too. Our help should never make people weak.