



Responsibility

Let me take responsibility for myself and not have expectations of others.

The Pledge Of Responsibility

A very important aspect of progress in the self and my relationships, which we all desire is restoring a sense of responsibility in my inner world, so that by doing that, I and others around me are benefitted. Even on a physical or non-spiritual level, someone who is responsible while playing his/her role or performing his/her duties either in the family, at the workplace or in some other setting e.g. a club group or a team in a particular sport or a social service group, not only feels content with his/her actions himself/herself but spreads ripples of contentment to others and receives similar energy from each one he/she is involved with. In the same way on an emotional or spiritual level, when I start my day I need to remind myself of my responsibility towards myself.

I need to remind myself that I am responsible for the choices I make in my life which influence and color everyone around me. So do my thoughts, feelings, the way my personality functions internally and externally the whole day and my responses to people and situations, for all of which I am responsible.

It is like taking a **pledge of responsibility** with the self in the morning that today I will not create a single thought, word or action which is against the texture of my innate, positive nature i.e. irresponsible. And what will provide my pledge the much required strength of determination? An injection of positive thoughts, emotions and sanskaras within me in the morning, using a suitable technique of self empowerment like meditation or spiritual study or some other.

By taking such a pledge of responsibility and by watering it with the energy of my attention from time to time during the day, I am able to implement it and can make a difference to not only the people around me, but to a lot more than that. In this way, as I change, the world around me changes, because the energy I create in my inner world starts flowing into my circumstances, my interactions, my sphere of karmas, etc. to make them positive, which benefits me in return in the form of a cyclic process. As I take this pledge and abide by it for a few days, I start realizing the immense potential that it possesses.

Mercy

The one who is merciful always has the feeling of helping those who are in need or in distress. He puts in effort to relieve others of their pain. He is able to bring about transformation in others too because of his own pure feelings. He is able to put in effort that becomes a contribution for the progress of others. When I have mercy for others, I am able to accept their feelings, emotions and behaviour and provide them with the right kind of mental support. Then I am able to give them courage without being influenced negatively with their feelings of pain and sorrow. So my mercy influences myself positively too as I am able to keep myself positive under all circumstances.

Soul Sustenance

Soul Power over Role Power (Part 2)

Continuing from yesterday's message, **the various components of soul power are:**

The power of inner silence or the silence of my mind - Silence is a power. The fewer the thoughts in my mind and the more powerful, positive, peaceful and focused they are, the more my mind will contribute to the success of the role on a subtle level. My silence is regularly tested when faced with negative situations or obstacles. The more successful I am in maintaining this stage in such situations, the more is my treasure of silence collected over a period of time and the more positive the influence of this silence will be on my physical role and the success of various tasks connected with the role.

The power of inner and outer carefreeness, happiness and contentment - Happiness not only inside but also giving others an experience of the same through my face, my eyes, my words and actions full of lightness and enthusiasm, etc. while coming in contact with them. Ensuring I am content with myself and others and also others are content with me. Regular periods of discontentment or unhappiness either within me or in my relationships affect the success of my role adversely.

In tomorrow's message, we shall explain the remaining components that make up soul power.

Message for the day

True respect comes not from what one does but how well it is done.

Expression: Respect is usually associated with what one does, i.e., it is usually associated with position, status etc which is associated with the job. When there is such an attitude, there is a tendency to look at the people around in a superficial way, missing out on recognising their true worth.

Experience: We need to recognise the fact that true respect comes from doing well whatever is being done. We need to recognise each one's virtues and qualities revealed through the behaviour. This enables us to have true respect for others. We then no longer look at what one is doing as important, but will be able to appreciate each and every one's contribution.