



Lenticular Cloud over Kliuchevskoi Mountain, Russia

Patience

Patience teaches you not to push, but rather to wait and appreciate the game of life, knowing that nothing remains the same and everything will change at some point.

The Art Of Detached Involvement In Relationships

Perfecting the art of 'detachment involvement' is a necessity if we are to meditate successfully. But a newcomer to meditation might wonder how can we become detached? Don't we have to run our homes and offices and interact with people even if we are practicing meditation? Then does detachment not mean that we are withdrawing from our relationships and becoming cold?

In almost all spiritual paths right through the passage of time a lot of significance has been given to the practice of detachment. This is simply because one of the deepest habits all souls have developed in the cycle of birth and rebirth is attachment and we don't realize that whatever we become attached to becomes a trap for our consciousness, for the self, which causes the creation of fear inside us.

So then how do we know that we are attached to someone or something? **We know that we are attached when we start thinking about someone or something when they are not present with us and when there is no need to think about them.** Sometimes realizing and sometimes without us realizing consciously at that time, our mental energy is being drained and we do not have control over our thoughts and feelings.

Whenever we become attached to anything, we automatically invite fear to be present, whether it is to people, objects, position, power, money or even an opinion. Any form of attachment means there will be a fear of damage or loss. Fear then takes many forms like worry, anxiety and stress as it hinders our spiritual growth. Where there is fear, love cannot exist. **Detachment is the foundation if we are to remain positive, fearless and loving towards others while interacting with them. This is known as 'detached involvement'.**

Soul Sustenance

Soul Power over Role Power (Part 1)

Every act that we are involved in throughout the day is made possible or real by two entities - role and soul working in conjunction with each other. Although, it is a spiritual fact that the soul is the master and makes the role function, without the soul the role cannot function; while playing any role in our day-to-day life we tend to forget this fact and our entire focus falls on the role that is to be played, forgetting that by doing that, we bring down the probability of success of that role in our personal or professional life. **Focusing positively on the soul and its components while playing the role fills the role with soul power and focusing on the role and its components while playing the role fills the role with something you could call role power.** We need to create a balance between the role and the soul and a balance in using both role and soul power to bring about the success of the role, the role could be of any type. Even a project that you have to work on in the office which is going to last for a month is an example of a temporary role you have to play. There are many other examples of roles - getting your child's homework done, preparing food for the entire family, doing charity work at the club together, taking part in an extracurricular activity in school or college, etc.

Any such or other role will consist of some or all of these components - various tasks, interaction with people or relationships, mediums like wealth and other objects, time, knowledge of everything connected with the role including the components that make up the role, etc. All these components are physical in nature and make up the role. The power that these components possess makes up what we call role power. Now, what happens is that as soon as we step into the role each day or on a particular day, obviously our aim is to bring about success of the role, but to achieve that, **our entire focus falls on using the power of the role, neglecting the immense potential that soul power possesses.** We spend our day and night in streamlining the role components for the well being of the role, not realizing that this purpose could be more easily achieved, if the focus is more on using soul power, obviously without neglecting role power (without which the purpose cannot be achieved).

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

Message for the day

To spread the light of happiness is to become a spiritual lighthouse.

Expression: When we are in situations where there is negativity around or there seems to be no source of happiness, we too naturally tend to feel low and negative. We are totally under the influence of the situation and we can't seem to overcome the feeling at that time. Nothing actually inspires us to make effort to come out of such a feeling.

Experience: We need to remind ourselves that we are a lighthouse, a source of light to all those around us. This thought will give us the inspiration to remain stable and strong even when we are amidst chaos or difficult situations. We will be able to spread our light across and show everyone the right direction by becoming an inspiration to those around us.

Find Solutions

Usually a lot of energy and time is wasted to find the cause of something that goes wrong. But thinking about that only wastes the resources that could be used for finding solutions. So it is not necessary to understand the causes but to find solutions. So the one who understands this fact is able to make the best use of the available resources to correct the situation. By being focused on the solution rather than on the problem, I am able to use all my inner resources in the right way. I am free from complaints and am able to put in effort to do the best in the given situation. I am constantly happy and content because I know that there is a solution for every problem.

