



Never Give Up

Even when others are at their lowest ebb, it is possible to help them restore their self-belief by keeping a firm, clear vision of their goodness and specialities. Taking a gently encouraging approach, I must never give up on anyone.

Attractive Soul

People spend a lot of time and energy developing their bodies and making it attractive for other people, but, is there ever a thought of developing the soul and making it attractive for God? The body is a physical matter, which will change, age and die. If you have a beautiful body today there is no guarantee that it will remain as such in the future. The soul is an eternal, immortal point of spiritual light. Within the soul there are impressions that form my personality. If I take steps to develop and feed it with spiritual knowledge, my character, my personality will become rich and beautiful. Developing the soul allows us to have full control of the power of thought. The quality of our thoughts determine our own personal degree of happiness.

The Law of Self Control

The more control we have over ourselves and our lives, the happier and freer we will feel.

We sometimes get angry with other people. Why does this happen? It is probably because they have not met our expectations or we were trying to control them and they have not let us. Sometimes, the simple expectation that a person should behave as we want them to is in itself an attempt to control them. When we try to control another person, which is impossible, we are bound to fail, feel frustrated and stressed.

We are capable of having power over ourselves; we can be more responsible for our thoughts and feelings. We have the capacity to choose how we respond to different situations and people that we come across in our lives. If we do not exercise much control over our thoughts and emotions, we easily fall into the tendency of seeing ourselves as victimized, and we blame others, making them responsible in our own minds for how we feel. When we do this, we are forgetting that we create our own thoughts. When this happens, we are handing over the control of our thoughts to those who influence, criticize, attack or slander us.

If we want to recover the control over our life, we must learn to control our thoughts and feelings and not blame anyone else for them. The more self-control we have over ourselves, the less will we want to control others and our capacity to influence other people positively will be greater.

Soul Sustenance

Playing My Part as a Hero Actor (Part 2)

In yesterday's message we had discussed how we possess the potential in our hands to write the scripts of our lives, our destinies. Some of us do not like this idea because we have been taught since we were small that life is all about luck, but this incorrect belief does not let us realize the immense internal power or potential that we possess of shaping up our destiny, our future.

By resigning ourselves to a life of luck, we do not use our potential and conveniently avoid doing the inner work of becoming awake and aware of who we are as spiritual beings and the masters of our own destiny. This is why waking up from the sleep of this wrong belief is the first step towards empowering ourselves, towards taking responsibility for our life, for our present, our future.

Also there are some of us who hold the belief that the course taken by each one of our lives is not written by luck but is decided by God, so it is egoistic on our part if we believe that we can write our own scripts, interfering with the plan that God has in his mind for us. So in times of challenges in our lives, although it is not wrong to pray to God at those times, we commonly use words like 'if God would like it, I shall overcome this obstacle or I will be successful in this particular task or my health will get okay or I will pass this exam etc.'

In times of happiness, although it's not wrong to thank God at those times, we completely submit ourselves to God's will, thinking that it is he and he alone responsible for what good that is happening in my life. In the case of the sorrow we forget that although God can help us to some extent, whether we will surpass the sorrow or not is very largely dependent on our past actions which are influencing the present situation. In the case of the happiness, we forget that though God's blessings do help and work, our past actions are a very important dominant factor which is creating situations of positivity in our present lives.

Message for the day

To have knowledge means to remain cheerful.

Expression: The one who has the right understanding based on accurate knowledge is the one who is able to remain content even during difficult situations. Since there is a clear understanding about situations and the people around, there is no difficulty in giving the best under all circumstances. Such a person uses all challenges to enrich his own capabilities.

Experience: When I am able to use knowledge as a weapon in a positive way, I am able to understand everything that happens. I understand that there is a reason for whatever happens and there is something to learn from every situation. So I am not upset with the varied situations I am faced with, but am able to remain cheerful enjoying everything that comes my way.