



Syracuse University sculptor Sam Van Aken's Tree of 40 Fruit. From July through October, it bears 40 different types of stone fruit, including almonds, apricots, cherries, nectarines, peaches, and plums.

Need Nothing

Everyone thinks they need to get something. But the truth is we don't need anything. We already have what we need. Trouble arises when we think we have to keep what we receive. It's the keeping that sustains our neediness. But whatever comes to us is not for keeping, it is for giving. And when you give, you get. Deep down we all know this eternal truth. It's one of those cast iron laws of the universe. But we are conditioned to think the opposite. No wonder there is a poverty of faith. Not religious faith, but the faith that the universe will bring us whatever we need, at the right moment in the right way. So start today -- give, give, give - time, energy, assistance, care, co-operation. On how many levels do you see the opportunity to give? It's good to be a just do it person. Even better to be a 'just give it person'. And the paradox will make itself known - when you give you will realise you already have everything you need. relax7

The Spiritual Concept Of Becoming A Trustee (cont.)

While it's important to realize that the treasures mentioned in yesterday's message are my treasures and they possess immense potential since they help me grow spiritually by their right use, it is also important to maintain a relationship of detachment with them, because we live with these treasures all the time and it is very easy to get caught up with them and become attached to them. **Where there is attachment, there develops ego and the treasures start getting misused.** An important concept in this regard is that of **trusteeship**. The Supreme Being while sharing the knowledge of these treasures and the method of using them, also shares, that **for our benefit, once we realize what these treasures are, we should surrender these treasures to Him.** This is an invisible or non-physical surrender, not a physical or visible one.

Once these treasures are surrendered to Him, unlike worldly surrenders, the treasures don't remain with Him, because being an Unlimited Donor and being Incorporeal (bodiless), the Supreme doesn't keep them with Himself and returns them back to us. Anyways, the surrender is deep but is on a mental level and not on a physical one. But, while returning the treasures back, the Supreme Being presents a condition in front of us. He says that since these treasures now no longer belong to us, we need to remove any sense of ownership over them and become a trustee while taking care of and using these treasures only for the purpose instructed by Him, the purpose of bringing the self and others closer to a state of truth (as explained in yesterday's message). The word trustee comes from the word **trust**. In this case **the Supreme Being says that He wishes and hopes that we keep His trust and don't breach it at any cost, at any point of time, in taking care of and using 'His' treasures, because don't forget, although the treasures are with us, there are no longer ours.**

(To be continued tomorrow...)

Soul Sustenance

Overcoming The Subtle Desire For Revenge

Ask yourself very honestly how many times in your life did you feel joy, even a slight trace of it, when something negative happened with someone who had harmed you or hurt you or insulted you in any way in the past – either in the immediate or distant (far-away) past. When this kind of joy, which is an impure form of joy, is seen inside you, even if it is at your extremely subtle thought level (if not in your words or actions), you need to remember that this is nothing but a feeling of **subtle revenge**, even if physically you haven't got back at any point of time at the person who has harmed you, when he did so. It may not sound very nice, but this kind of joy is enjoying the pain of others and is obviously an extremely low grade form of joy. Sometimes, as a way of justifying our **joyful revenge**, we call it **justice**.

The driving energy or fuel behind this kind of revenge is hatred or anger. It is a feeling of: "I really enjoyed it when 'when what they had done to me came to them' - I was so happy to see them suffer for what they had done, this is their punishment ... tit for tat." **It is a type of joy that only increases our accounts of negative *karmas* with the other person, which as a result, increases our sorrow, instead of decreasing it, although it may give us an impression for a while that it is decreasing our sorrow.** This kind of joy will only cause the radiation of a negative form of energy to the other person, which will not only give pain to the other person, but will also cause the radiation of the negative energy of hatred from the other person to us that will never bring us long term joy. Imagine someone meeting with an accident on the road and in a lot of pain and instead of helping that person immediately we smile at that person happy with what has happened to him or her. What energy will such a person send us in return? This example is on a physical level, but the same principle applies on a subtle level. So the next time something like this happens in our life, we need to remind ourselves only if we don't have the slightest trace of joy inside us that we can safely say that we are free from any desire for revenge, even though it may be very subtle.

Message for the day

Love and cooperation bring success in all tasks.

Expression: Love is reflected in the love that there is for the person and also for the task. When there is love for the person, there is the ability to give cooperation without any expectations or demands. And when there is love for the task there is the commitment for completing the task, whatever the obstacles that come up in the process of doing things.

Experience: When I am able to have love, I am able to receive hundred percent help and commitment from others too and so I am able to have the satisfaction of moving forward constantly. There is nothing difficult for me and I do everything with great ease. Not only is the task easy but also there is a spread of happiness and joy experienced by all who are involved in the task.

Spiritual Identity

Self-respect depends on knowing who I am, knowing my eternal (ageless), spiritual self. When I have found that sense of spiritual identity, I feel I have a right to be here, to exist. Without the spiritual dimension, it is very difficult to really respect myself deeply. In this case, I base my respect on identifying with the superficial aspects of my being: looks, gender, success, my life partner, my intelligence. With such artificial identification, I will never have a stable sense of self-respect, because people's opinions change. Today they love me, tomorrow they reject me. What is the result of depending on their opinions? I will end up fluctuating all the time - feeling positive when they say good things, and feeling down when they say negative things. To stay stable in my self-respect, I need to have a deeper understanding of my spiritual identity (the foundation of this being that I am a soul) and tap into those riches that are within me forever, waiting to blossom, like the flower from the seed.

As I become spiritually aware, those riches and resources start flowing out of me. The more stable I am in my self-respect and spirituality, the more I radiate what I truly am. I feel a deep sense of contentment and I am happy to be me, however I am. I accept myself as I am.