



Thoughts, Words and Deeds

Kindness in words creates confidence.

Kindness in thinking creates profoundness.

Kindness in giving creates love.

Being A Good Transformation Agent

Often, we feel ourselves to be victims of different factors that **seem** to direct the course of our life without us being able to control them. The world does not seem to dance to our music and our will, and we feel ourselves to be victims because things do not work out or are not as we want. Therefore, we give up and decide to resign ourselves to this reality; to be victims of it and observe passively (non-actively), resisting what comes, getting frustrated and bad-tempered. However, we could position ourselves in another way: being **transformation (change) agents** (the ones who are able to change the external factors like people or situations) by creating a different reality. To do so we have to **change** our perception. Also, it is necessary to strengthen our capacity to **tolerate, accept, let go and forget**. Tolerance here also refers to **understanding, love and compassion** (kindness). Not to put up with people or things, but to remain above them, to go beyond them; to co-operate with trust and motivation. It is difficult for us to tolerate because we have expectations and pre-conceived ideas of how others should act and be. Then we create negative feelings towards them because they are not like that or don't act in the manner that we want. This makes our relationship with them difficult.

When your vision towards others is positive, you see their qualities, their efforts and their values instead of their defects and their errors. You are open to listening to them and to understanding their intentions. That way it is easier to have good feelings towards them. **Basing ourselves on a positive and objective vision and on good feelings, we do not have to put up with, or even tolerate the other - the relationship becomes streamlined.**

(To be continued tomorrow...)

Soul Sustenance

Understanding The True Self And The False Self (cont.)

The illusory (false) self is made up of desires that, even when fulfilled, fail to add value, or a sense of worth to the self. In fact, quite the opposite process happens.

Let us examine some of these illusions and how they give us a mistaken sense of value.

Illusion (False emotion): Ego

Thought: I know, I am

Result: Arrogance, inflexibility, controlling others

Illusion (False emotion): Anger

Thought: I expect

Result: Force, aggression

Illusion (False emotion): Attachment

Thought: I own, It's mine

Result: Insecurity, possessiveness, jealousy

Illusion (False emotion): Greed

Thought: I want, I need

Result: Emptiness, wanting, dissatisfaction

Illusion (False emotion): Lust

Thought: I desire

Result: Exploitation, misuse, emotional dependence

These are the five fires that burn away the quality of human life: uncontrolled emotions that once, in their original pure state, gave happiness and peace to the individual but now create only emptiness and sorrow.

Message for the day

To have the awareness of being God's instrument is to bring about a positive change.

Projection: When there is the awareness of being an instrument of God, there would be the desire to do the best and be the best. So each and every thing I do would be for the improvement for the self. Due to this there would be divinity and speciality seen in everything that is done. This would also bring the awareness of all the resources and they would also be used in a worthwhile way.

Solution: When I am aware of my own role and what I contribute through my specialities, I recognize the fact that I am a beautiful instrument of God. This awareness naturally helps me be in my state of self-respect under all circumstances. I find myself giving my best and making myself more and more beautiful within. So I find that I am able to bring about a positive change with great ease.

True Contentment

Many times I find that my words, actions or behavior tend to upset others in spite of my not wanting to hurt them. I seem to be very happy with the situation, but others don't seem to be. At that time I am not really able to understand the reason for this and I consider the others to be unreasonable. I need to check myself when others are getting upset with me. I need to make effort to check and change myself constantly so that I am able to move along with the demands of time. This is what will bring about true contentment - such contentment that neither will I be upset nor will I upset others.