



Mother Teresa (c. 1910–1997)

### **True Benevolence**

There is no greater teacher than one's own practical example. To be really benevolent therefore means that I must first change, then I have the power, the knowledge and the experience of thinking and doing for the ultimate benefit of all.

## **God's Wonder**

The vast, abundant nature has an amazing ability to refresh our minds and hearts, doesn't it? Quite often it reminds us to marvel at God and His creation. But aren't we human beings God's greatest creation? If the inanimate, idyllic nature is powerful enough to touch our souls and make us lighter and more content, what can I not do? When others look at me, are they reminded of God's beauty and qualities? Let my personality be balanced and serene so that my presence comforts souls and elevates their consciousness.

## **Effects Of Anger On The Human Body**

In numerous studies, anger has been found to have a completely negative effect on our physical well-being. In one such study, reported at a recent conference on forgiveness and peace in the US, it was demonstrated that letting go of negative feelings that we have for someone due to his/her negative actions relieved and reduced chronic back pain.

It seems we have been conditioned to treat any tension-triggering event, be it a small accident or a conflict with a partner or colleague, as a big problem or crisis. At these moments our bodies generate and release the stress hormones adrenaline and cortisol. Our heart accelerates, our breath quickens and our mind races. It's all harmless if the tension or fright is brief and once in a while, like a near miss while driving, but the emotional disturbances of anger and hatred are like accidents that don't end, and hormones turn into toxins. The depressive effect of cortisol upon the immune system has been linked to serious diseases and disorders. According to a recent medical research, "Cortisol wears down the brain, leading to cell degeneration and memory loss. It also raises blood pressure and blood sugar, hardening the arteries, leading to heart disease."

## Soul Sustenance

### Understanding the Process of Birth And Death

The leaving of one body and the taking of another is nearly always confusing and soon the details of the old life are erased by the new. Just in one day we forget so much. After having slept for a while, after some injury or shock, or even after a change in place, company or circumstances, many things are forgotten.

Death of the body is a great shock to the soul, especially if there was great attachment to that body, and the new set of circumstances in the new body is bewildering (confusing). Because the body and brain are not developed, the soul cannot express its memory, so it laughs and cries when it cannot recognize anyone, or when it wishes to express itself. By the time the body is developed, the soul has forgotten its past birth and has become accustomed to the new conditions and the new parents. The prominent *sanskaras* developed in past lives soon begin to manifest (show) themselves with new details (in the new birth).

### Message for the day

**The method to finish a weakness is to be detached from it.**

**Projection:** When there is some weakness working within that has to be overcome, it is very essential for one to get detached from it, that means not to identify with the weakness. If there is an identification with the weakness, it is further strengthened and there is the inability to get rid of it. Since it is there in the consciousness, it is visible in the words and actions too.

**Solution:** When I am free from the identification with the weakness, I am able to bring about a change very quickly. I find it very easy to stabilise myself in the awareness of my strength and allow that strength to be revealed in all my words and actions. There is no heaviness of the weakness nor is there the feeling of having to give up something, but transformation takes place very easily.