



Spiritual Tolerance

Tolerance is based on going beyond the superficial things that divide us. It's the result of turning within and coming to know the Self. If I can deal with my own ego, then my own anger can be resolved. This goes a long way in resolving external issues, too. With my own ego out of the way I will be able to handle anything. Otherwise it's just the same old thing - you versus me, yours versus mine, etc - intolerance. If I am unselfish and honest in my heart, and am concerned about others' needs, then I will be full enough to give. 'I should be understood' changes to 'I should understand.' Not 'They should change' but 'I will give what's needed'. Patience, peace and maturity develop. Spiritual tolerance cultivates innate wisdom, the kind you can't get from books.

The Soul Realized (Part 2)

The soul is a non-physical energy which runs the physical body in a manner which can be compared to how electrical energy runs a television set. If there is no electricity, in spite of a complex machine which a television set is and with all its parts, big or small, it will not be able to show us images of the world and keep us updated about the world's events. In the same manner, the physical body with its various parts and different systems cannot function without the existence of the soul inside it. Do you know that as soon as the soul leaves the body, the heart and other organs stop working, even the brain does not function? The soul is a prime mover of the body. The soul is located inside the brain near the hypothalamus and pituitary gland, which are parts of the brain. **It controls the five sense organs – eyes, nose, ears, tongue and hands through the brain and with the help of the nervous and hormonal systems. The brain functions as a bridge between the soul and the different body parts.**

The brain's activity detected by various sensitive instruments that science has given is caused due to the existence of the soul. If there is no non-physical soul which actually thinks, inside the body, then there will be no activity detected inside the physical brain i.e. the brain will be silent. It's the mind which actually thinks and not the brain. The mind is non-physical and is a part of the non-physical soul. We can also compare the soul and physical body relationship with a computer. The brain is like a CPU or central processing unit of the computer, whereas the soul is like a programmer of the computer. The brain expresses all thought, word and action programs received from the soul, through the body. The body is like the monitor of the computer which displays the final version of what has been processed by the brain. As we think, the brain, which is a physical organ of the body, picks up these signals from the non-physical soul. The signals or orders which the brain has detected are then converted into various actions performed by the body. Non-physical instructions of the soul are given a physical form by the brain and brought into action.

(To be continued tomorrow ...)

Faith

Doubt creates a mountain. Faith moves the mountain. When doubt blocks you from taking on new challenges, have faith.

Have faith in yourself, you are more than what meets the eye. Have the faith that anything is possible even if it is not visible in front of your eyes.

With faith, take a step forward and move the mountain.

Message for the day

Powerful thoughts dispel the darkness of the weakness of mind.

Thought to Ponder: No one likes to be weak. But when weakness comes, we get more weak thoughts and this creates a vicious cycle. It is only long after the situation is over that we are able to come back to a normal state of mind. But we need to remember that positive thoughts (like light) are the only means by which we can finish the darkness of our mind.

Point to Practice: Today I will be prepared and alert. I will keep the light of positivity with me like a torch. This could be in the form of a small positive thought. I will keep it with me all the time wherever I go. So, even if I find negative or a weakness coming my way, I will recognize it immediately and replace it with the positive thought.