



Balance

The indication of balance in life is a sense of well-being, optimism and a clear conscience. The foundation for achieving this is to look after myself spiritually - making my mind peaceful, loving and thoughtful at all times.

Then I will instinctively know how much time to spend on my own well-being and how much on fulfilling other responsibilities. I can only give my best to others when I am myself at my best

Consciousness

Self-consciousness distinguishes you from other animals. It enables you to be aware of your thoughts, feelings and emotions and to understand how they influence your behavior. When your consciousness awakens, you start being truly free because you decide your destiny and take responsibility for your choices.

To Complement And Not To Compete

Harmony, well-being and the fulfillment of individual purpose are only possible when our **consciousness is universal or inclusive (taking everyone into consideration) in the sense that we can recognize and appreciate the purpose and necessity of all things in life** and, therefore, give them the space to express their basic right to be. When people, either on an individual or collective level are no longer universal or they are **exclusive** (no longer taking everyone into consideration), that is, when the foundation of their identity is based on ego and superiority, then harmony, peace and certainly love are lost both in the individual and in society.

Individuals, societies, nations, religions and politics all do not remain universal when they are gifted a particular specialty, talent or position. While it is healthy and necessary to value who you are, **it becomes most unhealthy and violent to become attached to your special qualities, making others feel inferior because they do not possess those same qualities.**

The reason for conflict, on any level, is nearly always this sense of right to dominate or suppress others because we feel we are better in one way or another. Unfortunately, in modern society, the idea of outdoing others in order to prove the value of the person, or idea, has overtaken the basic principle of life, which is **complementarity**. When we learn to **complement** rather than **compete**, there will be peace and, above all, self-respect. Self-respect means to recognize myself as I am and thus fulfill my purpose without injury to, or comparison with, others.

(To be continued tomorrow ...)

Soul Sustenance

The Seven Relationships With The Supreme

Every soul has a close relationship with the Supreme (God), but we simply forget it as we become over-involved in, attached to and distracted by our life on the physical plane and our different relationships with different physical beings during our journey of births and rebirths. Spirituality makes us realize the need of restoring our connection with God, which has either broken or has become loose. It also makes us realize that this connection needs to be a very deep and personal one.

God plays many roles, just as a good parent, being one, but will play many roles while bringing up his or her child. Each role consists of different spiritual characteristics and virtues of God, expressed by Him. Take a few moments to think about the main roles that God plays in our life and identify the main virtues and characteristics which He expresses e.g. in the role of Father He demonstrates the art of living to us and how to perform right *karmas*. In the role of Mother he gives spiritual sustenance, in the form of virtues like peace, love and joy to us. In the role of Teacher, he showers us with true knowledge of the spirit or the soul. These are just a few examples. We suggest you do your own thinking about seven different roles that God plays: **Father, Mother, Teacher, Guide (or Guru), Companion (or Beloved), Friend, Child** and how he plays them. Once you have done this inner thinking exercise, experience each of these seven roles on each of the seven different days of the week, one role per day. Feel Him being in that role for you and then note what you feel exactly and how you relate to Him. Also identify the spiritual characteristics and virtues that it brings out from within you.

Message for the day

The power of detachment helps us to watch the different games of life.

Projection: Whenever we are faced with a situation or when we watch someone dear going through a difficult situation, we tend to overreact because we feel caught up in it. Then we are neither able to work to remove it nor are we able to enjoy all that life brings.

Solution: Whenever a situation comes up, we need to use the power of detachment that is within us. With this power we can see and appreciate all the variety that life brings. This makes us enjoy, whatever the situations may be.