



Adelie Penguins Group Dive, Antarctic Peninsula

Quiet

When the mind is quiet, its whole angle of vision changes. From pouncing on the problems, it begins to perceive the chances, the good things in life.

A Clean Heart

The one who has a clean heart is the one who always tries to do the best for those with whom he comes in contact. Thus, the person develops the ability to accept others as they are and ignore anything wrong done by them. Instead, he is able to do the right action without losing the balance. So such a person brings happiness for himself and for others through every action he performs.

Experiencing Perfection And Success In Role Playing (cont.)

Continuing from yesterday's message, if I'm able to protect and maintain my inner spiritual identity in each role that I play in the day, it's much easier for me to **switch** roles. I switch roles so many times even in one particular day. **If I lose myself in a particular role, my mind and intellect tends to become limited and restricted to that role and I'm not able to see beyond the immediate needs of the role and I find it difficult to adapt to another role.**

As a father, for example, I may also be called upon to play the different roles of husband or a Managing Director or a friend or a brother or a son or a son-in-law etc. Also many a times, for e.g. in the absence of the mother, I may have to play the role of the mother or in the absence of the Plant Manager in my company on a particular day, I may have to play his role, etc., both being roles that I do not normally play. I'll have a better chance of being able to fulfill all these roles if I don't get too caught up in any of the roles while playing them and remain in my spiritual consciousness while playing them. A spiritual consciousness will keep me detached.

Every role demands different positive personality traits or *sanskaras* to be put into practice. I need to be flexible and possess the ability to pick those personality traits from my complete spiritual store house of personality traits that I the soul possess inside me, that are best suited to the role and are required for that role at that particular moment, so that the role and the act is played accurately and perfectly to my satisfaction as well as the other's satisfaction. In a bodily, limited consciousness, I will not be able to that.

(To be continued tomorrow ...)



Soul Sustenance

Crossing Negative Circumstances/Situations (Part 1)

There are periods of life in which it seems to us that there is someone or something who gets in the way of our path. Circumstances, instead of going in our favor, go against us. They are barriers that make it difficult for us to reach our objectives; they are interruptions that prevent us from feeling satisfied; they are situations that seem to reduce our feelings of success.

When we find ourselves with these scenes that appear to block our progress towards the aims and objectives that we have set out for ourselves, we tend to have negative thoughts; we feel anger and rage, or we feel sad and unenthusiastic, as if we don't have the strength to either overcome or transform the situation. Rather it is the situation that overcomes or overpowers us and leaves us exhausted. Some people are not prepared for this to happen and put all their strength into fighting the situation. They do so with feelings of anger, revenge and injustice. Often it becomes a process that wastes their energies and leaves them exhausted, without achieving a true solution.

It is possible to live through situations without them causing such an emotional energy loss. That does not mean that we become cold and insensitive to what happens around us. **It is a question of living through situations without drowning into them. If we drown ourselves in them we won't be able to help others or ourselves.** We will be lost, like the shipwrecked, at the mercy of the waves, the tides and the winds. We will have lost the control of the steering wheel of our ship – our life.

(To be continued tomorrow ...)

Message for the day

Words that do not give courage are waste.

Expression: When someone is facing a problem, if the words are not those that give courage to the one facing the problem, then such words are wasted. There would be no use of speaking such words. In fact, to speak such words is to discourage the other person further. So when attention is paid to speak only those words that are for the benefit of all there is a positive and a powerful impact on others.

Experience: Even when I keep attention on a simple thing like speaking only positive words, or words that bring benefit to others, I find myself having only powerful thoughts and words. I am neither discouraged by others' behaviour nor will I ever discourage others. I continue to have faith in others and allow this faith to colour my words and actions. So I find that there is benefit in whatever I speak.