



## Improve

Spend so much time improving yourself that you have no time left to criticize others!

## Destiny

Your thoughts guide you to your destiny. If you always do what you have always done, you will always get what you have always got. If you always think the same you will always get to the same place. Think in a new way and you will be a new person. Give happiness to all and you will live in peace. Create peace in your mind and you will create a world of peace around you.

## The Five Primary Qualities (cont.)

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives. We had discussed peace and purity yesterday. The others are:

### **Love**

Perhaps the most difficult original quality to achieve because it has become so mixed up with attachment, possessiveness and dependence, deeply ingrained habits that have become accepted as normal. As a result, the human being finds it difficult to realize the true form of pure love, which is unconditional. The quality of love means - **I care, I share** and, in particular, **I liberate**. True spiritual love never creates that need, or dependence, where others cannot find, or be, themselves.

### **Knowledge**

To know and to be what I am eternally and truly, and to exist in this consciousness, is what we mean by knowledge. It is not knowing about the soul, peace, love, etc., but rather knowing is to be the soul, to be peace, to be love. This quality of true knowing is expressed through '**I am**', the original awareness of the self that exists beyond the false self of ego.

(To be continued tomorrow ....)

## **Soul Sustenance**

### **The Three Root Causes Of Anger (Part 1)**

Any time we sense irritation, frustration or anger emerging inside our consciousness, if we take a close look at it, we will notice we are fighting a war in our consciousness with one of these three: either with **another person**, most obviously or with **the past** or with **our self**.

**We are at war with the past because our anger is always towards something that has already happened and looking at it we react emotionally which means we are trying to change it, which is impossible.** Any scene that has taken place a year ago, a month ago or even a second ago cannot be changed. We may be completely convinced

and we may believe we can. That's because we hold this belief subconsciously. Somewhere and sometime in the past, we have picked up and absorbed the belief that the world and its circumstances should shape up exactly as we want.

**When our internal desire of a certain type of circumstances is not fulfilled, or in other words something against this belief happens, our instant reaction is one of the various forms of anger and we tend to try and change the incident** that has happened in a far-off past or a past that has just gone by. We keep replaying a revised incident, with words and actions that we would have liked and that suit our convenience and we also keep nullifying the actual incident or remain in a un-acceptance mode towards it. This is like fighting a war with the incident. We tend to do this inside our minds, repeatedly, even realizing somewhere deep within, that it is impossible.

(To be continued tomorrow...)

### **Message for the day**

#### **The sparkle of a true diamond reveals itself.**

**Projection:** Whenever we make a positive contribution, we expect those around us to recognize and appreciate it. But there are occasions where we do not receive such recognition and we then feel disheartened which in turn doesn't let us give our best in all we do.

**Solution:** Whenever we find ourselves expecting people to appreciate us, we need to remind ourselves that the diamond doesn't need to speak about its own sparkle but is recognized because of its speciality. We, too, need to discover our own speciality and work with it. We will, then, be satisfied whether we get recognition from others or not.