



Spotting Goodness

When I become critical towards others, it means I am going in the wrong direction. We are usually very good at spotting mistakes, but we should develop the quality of also spotting goodness. If I can see what is good in others or in situations and go beyond the curtain of negativity, I feel good about myself. If I constantly think "he is wrong", I instead create a barrier which blocks me from reaching my own goodness.

Sweetness

There is an understanding of the need for being sweet in words and interactions. But this sweetness can be expressed only when there is sweetness in the mind. Sweetness of the mind means there is not even a trace of negativity. Such a mind is further open to all that is nice and beautiful and expresses its own freshness and beauty in interactions. When I am able to keep my mind sweet, i.e., free from any kind of bitterness or ill-feelings, I am able to experience the beauty of life. There is no feeling of sorrow or negativity but the mind is nurtured to further positivity with everything that comes its way. I am then able to experience constant growth and progress.

Application Of The Law Of Karma (cont.)

An understanding of the laws of action reminds us that whatever we give we get, and whatever we get is the result of what we have given. When we apply this understanding into our awareness while we watch apparent injustices in the world, it reduces our outrage, lessening our pain. It's not that we sit passively and allow people to bring about suffering upon others, but it helps us to see that **the greatest or highest contribution that we can make, to both the victim and the sinner, is to help them remember who they are and help them rise above their anger and fear towards each other.** Only in this way can we help them to liberate themselves from an exchange of energy that has perhaps been going on for centuries.

But before we can effectively do this for others, it is necessary to try and do it for ourselves. **Instead of taking the law into our own hands (the desire for revenge and justice), we can benefit everyone around us by first understanding and living ourselves according to the invisible laws of cause and effect which define all human relationships.**

Sometimes this is referred to as 'practice what you preach', and it often requires moments of reflection before action in order to judge the consequences of any path of action. This capacity to stop, reflect and consider, in a state of mental calm and with clear intellect, is an essential characteristic of all effective leaders. It is also what makes us all potential leaders in life, every day, who can bring about world transformation through self transformation.

Soul Sustenance

The Triangle of Spiritual Energy (Part 3)

Referring to the last two days' messages, all three points of connection (connection with the self, of the self with the Supreme and of the self with others) are necessary for good emotional and spiritual health.

If I am only connected inwards, there is a great danger of arrogance and being lost in only myself. If I am only connected to the Supreme Source with little reference to myself, or others, there is the danger of becoming rigid, fanatical and unrealistic. If I am over-focused on others and on my relationships with others, thinking I will receive my happiness and sense of purpose from them, then a dependence is created, which results in conflict and disappointment.

When I do reconnect with the outside world, it can only be done effectively from the point of advantage of connection with the self and with the Supreme Source.

This three-point connection can be depicted in the form of a triangle with the self as a point (A), then the vertical movement upward to the Supreme Point (A to B), then the horizontal connection to others (A to C). Others need to have their own independent and personal connection with the Supreme Point to revitalize and renew their own consciousness (C to B). In this way, the triangle of harmonious energy (ABC) becomes complete.

(To be continued tomorrow ...)

Message for the day

Responsibility enables us to give our best in all we do.

Expression: When we are responsible to do something, we tend to feel burdened. This could be because responsibility sometimes takes on the form of interference. That is we take on those tasks too that are not connected with us. To such an extent that we even begin to do those things that others are capable of doing by themselves.

Experience: If we ever find ourselves feeling burdened, we need to ask ourselves if we are taking on any responsibility which is not ours. When we recognise the fact that responsibility doesn't mean taking on everything on our head, we will be able to lighten our own burden. At all times we need to have this attention that we need to take responsibility but if the situation is not our business or someone else is in charge, we don't have to get caught in it.