



Big Heart

Be quick to forgive any form of insult, and slow to forget the importance of a big heart.

Change Attitude

The most natural way to bring about change is to change one's attitude, starting at the seat of consciousness or the thoughts. It is better to become an actor instead of a reactor to change. Think your way into a new way of acting. Change the thoughts and automatically the behavior will follow. Purify the thoughts and automatically your actions will become pure. It becomes impossible for anyone to become angry if the thoughts are peaceful. With purity of thought, a clear vision of reality can be seen. It is impossible to accurately view reality through the warped lenses of ego, greed and negative tendencies.

False Attachments

Are you aware that whenever you lose your true self-awareness (soul-consciousness), you will identify with and get attached to something that is not you? It could be another person, your work, or some material possession. Let's say you are attached to your job and one day, due to rising costs, your company decides to downsize and starts laying off thousands of its employees - all of a sudden you are asked to leave. The attachment to and identification with your position in the company, which has become a habit (*sanskara*), causes the creation of **fearful and angry thoughts** (e.g., "I'm going to lose my job" (fear related to the future) or "How dare they downsize the company and damage my position" (anger towards the company and its leadership)).

The destructive energy of these thoughts becomes emotion (energy in motion) which then invades your entire mind so you cannot have clear and calm thoughts (the prime requirement of that moment). **It hijacks your intellect so you cannot make correct, wise decisions and choices** (also the prime requirement of that moment) for the future. Any connection you had with your inner peace is broken. All this happens because you forgot who you really are and had begun to think you are what you do. When seen from the point of view of this example it sounds ridiculous that we should identify with what we do or what we have, but this is currently how the world and its people work. So, never forget who you truly are!

Soul Sustenance

The Five Spiritual And Five Physical Elements (Part 3)

As explained in yesterday's message, in the hierarchy of the three entities around which the whole World Drama revolves – the Supreme Soul is right at the top, the human souls are in the middle and nature is at the bottom. **So, the process of restoring the balance of the spiritual and physical elements has to be initiated from the top i.e. by the Supreme Soul.** The human souls which are in the middle of the hierarchy benefit from this process directly.

The human souls, by transforming themselves i.e. by filling themselves up with the five spiritual elements peace, purity, wisdom, love and joy from the Supreme Soul and restoring their balance in their personalities, then bring benefit to nature which is at the bottom of the hierarchy. This is because their doing this causes the positive energy of the five virtues to spread in nature, which results in the balance restoration of the five physical elements earth, air, water, fire and sky and the five spiritual elements or virtues in the personalities of animals, birds, insects (the same principle as explained yesterday).

This entire process, explained above, takes place in the Confluence Age which is a small Age between the Iron Age and the Golden Age, which is again the present time. So, the Confluence Age is an Age in which positive transformation takes place. Thus, at the present moment of time, the two Ages - Iron Age and Confluence Age co-exist.

The Supreme Soul does not bring direct benefit to nature, He does that via human souls, who are intelligent enough to catch his directions and connect with Him and as a result transform themselves. So, the human souls when seen with respect to the Supreme Soul, who is the Creator; are the Creation, who benefit from Him. But the same human souls, when seen with respect to nature can be called the Master Creator and nature can be called as the Creation. Here the phrase Master Creator means children of the Supreme Soul, the Creator, but at the same time those children who possess the power to perform the task of balance restoration for the self as well as the Creation, similar to the Creator, under his guidance and by absorbing power from Him.

We shall explain the actual process of imbibing the five spiritual elements from the Supreme Soul in tomorrow's message, which is the last of this series.

Message for the day

Introversion helps us to free our mind from wasteful and negative thinking.

Expression: Instead of being taken by surprise and despairing, introversion helps us to remain steady and creative even during difficult situations. Introversion keeps us free from the grip of negative programming and conditioning that is already in the mind and helps us remain focused and capable.

Experience: Even in the most negative situation, we need to practice being detached and rise above the situation and have the aim of moving forward. This gives us the understanding that there is a secret, tailor-made lesson for our own personal development, in every instance of difficulty in our life.