



Flowers of Happiness and Peace

The whole world is thirsty for a drop of love. Shower love on those who are thirsty in their hearts with the flowers of happiness and peace. May the forest of honey of the mind be fragrant, and may the birds of peace chirp in the garden of your mind. For everyone have these good wishes day and night.

Cheerfulness

Cheerfulness comes from a sense of well being and contentment. It is a high quality, but it does not always stay with us. Thoughts of envy, worry, anger and hatred enter the mind, and cheerfulness vanishes. To maintain a "smiling face" we need to focus our attention only on the good qualities around us. When we see bad qualities we retain the defects of others and it poisons our intellect. When we see good qualities then our thoughts will be pure, our action elevated bringing with them a sense of contentment and joy free from a poisonous atmosphere.

The Spiritual Concept Of Becoming A Trustee (cont.)

While it's important to realize that the treasures mentioned in yesterday's message are my treasures and they possess immense potential since they help me grow spiritually by their right use, it is also important to maintain a relationship of detachment with them, because we live with these treasures all the time and it is very easy to get caught up with them and become attached to them.

Where there is attachment, there develops ego and the treasures start getting misused. An important concept in this regard is that of **trusteeship**. The Supreme Being while sharing the knowledge of these treasures and the method of using them, also shares, that **for our benefit, once we realize what these treasures are, we should surrender these treasures to Him**. This is an invisible or non-physical surrender, not a physical or visible one.

Once these treasures are surrendered to Him, unlike worldly surrenders, the treasures don't remain with Him, because being an Unlimited Donor and being Incorporeal (bodiless), the Supreme doesn't keep them with Himself and returns them back to us. Anyways, the surrender is deep but is on a mental level and not on a physical one.

But, while returning the treasures back, the Supreme Being presents a condition in front of us. He says that since these treasures now no longer belong to us, we need to remove any sense of ownership over them and

become a trustee while taking care of and using these treasures only for the purpose instructed by Him, the purpose of bringing the self and others closer to a state of truth (as explained in yesterday's message).

The word trustee comes from the word **trust**. In this case **the Supreme Being says that He wishes and hopes that we keep His trust and don't breach it at any cost, at any point of time, in taking care of and using 'His' treasures, because don't forget, although the treasures are with us, there are no longer ours.**

(To be continued tomorrow...)

Soul Sustenance

Fear And The Law Of Attraction

You should be careful with what you are afraid of, because you can invoke (call for or attract) it.

Fear is like a magnet. If you are afraid that something will happen to you and you get obsessed about it happening, you are effectively invoking it to happen.

If you are very afraid that something might happen to you and you begin to visualize that it might happen or how it might happen, this terrifies you and it closes you into a phobia and a state of fear. What you are doing is invoking it to happen, because the power of the mind and visualization is very great. If you are afraid that you might be robbed, or of meeting with an accident, or of losing, you are invoking the robbery, the accident and the loss. Fear of rejection produces rejection.

That is how extraordinary the power of our mind is. That does not mean to say that we should not take the necessary precautions. An aged woman knows that to fall can mean her bones might break more easily. She should not be preoccupied with a fear of falling; she simply needs to apply attention and precaution when walking. But when precaution is confused with fear, it is not a healthy precaution or one that is free from worries.

Message for the day

Habits are transformed when there is introversion.

Expression: Introversion gives us the power to look within and find the source of the habit that we want to change. Instead of working at a superficial level, we will then be able to recognize and change it from deep within. When such deep transformation takes place, we find that it never emerges again.

Experience: When we want a habit to be changed, we need to ask ourselves why the habit is still continuing in spite of our wish to get rid of it. Along with the recognition of the root cause of the habit, we need to emerge the positive nature that is within us. This gives us the confidence and we find our habits transformed.