



Sardar Vallabhbhai Patel the iron-man of India

Wisdom

To do the right thing: Think and then Act, rather than the other way around.
Wisdom is to know when to act and when not to.

To sow seeds of right effort is to reap results in plenty.

When I go on putting in effort in the right direction, I will keep gaining qualities. I will keep drawing the best from everything around and I will keep receiving cooperation from people. If, in between anything or anyone hinders this, its effect will not be so much as I am continuing to put in my efforts. Today I will do something constructive for what I really aim for. Towards this, I will make small little contributions. I will also continue with this practice everyday and one day I will find the result coming. It could be either what I expected or something else that I haven't expected.

Intellect Reawakening And Empowerment

It has been estimated that for around 80% of our daily routine we are **ruled** by habits. **This means that most of the time we go straight from thought (created by the mind) to action, without checking the quality of our thoughts. In this way, we bypass the intellect, and do not use our capacity to judge right from wrong and to make conscious decisions.** What we need to do now is reawaken, use and empower the intellect, which is true spiritual empowerment.

Practical Exercise

Withdraw your attention from everything around you. Create a simple thought in your mind. Concentrate on the thought. Then use your intellect to judge to what extent the thought is right or wrong and what the quality of that thought is (is it a negative thought, a waste or unnecessary thought, a necessary thought, a positive one etc?). If you decide it is not a good thought, leave it and create a better thought. In this way, you consciously exercise control of your mind and intellect thereby strengthening your **mental** and **intellectual** capacities. This will also help you regain your feelings of **rule** over the self.

If thoughts or images come from your memories or from sources outside your own mind while you are busy in this inner exercise, don't give them any mental energy. Let them go and bring your attention back to your own **conscious** creation (mentioned above).

Once, you have mastered this in this exercise; try the same process while you busy in your daily routine.

Soul Sustenance

Factors that Bring Us Closer To Failure

Given below are some factors that bring us closer to failure:

- Dejection and Disillusion.
- Fear.
- Ignorance.
- Confusion.
- Influences.
- Mental weakness.
- Insecurity.
- Inexperience.
- Ego, arrogance.
- Mistrust.
- Attachment, dependencies.
- Excuses, laziness, putting off.
- Excess of acceptance with submission.
- Fear of being yourself.
- Making judgements without an objective vision.
- Nervousness.
- Not taking on limits.
- Low self-esteem.
- Blockages. Not going forward.
- Intolerance.
- Rigidity – inability to adapt to different situations.

Message for the day

The one who is selfless is the one who is the best judge.

Projection: When I have to take a decision, either for others or myself, there is some kind of selfishness or greed involved in it. When I think only of my selfish desires, my judgement would not be accurate.

Solution: I need to be detached and see what benefit there is for each one with the choice that I am going to make. The more I think of the benefit of all, the more my judgement is accurate.