



### **Depth of Humility**

Humility means to understand the self and through that to understand others as well. Humility is the attitude where a person is not attached to his or her opinion and feelings. Humility is the most natural expression of truth. It helps in better understanding of truth. Humility is the basis for maintaining self-respect. Humility does not mean bowing down and being subservient to others. Humility allows you to see benefit in everything. Developing humility brings a lot of comfort and ease into your life.

## **Give your Best**

We normally tend to expect the same kind of results constantly. Although the effort put in is not so constant, we expect good results always. Yet we do not find it happening all the time. When we do not get the desired results, at that time we don't remember that it is our lack of effort that actually brought us poor results. The only way to experience constant good results is to put in effort constantly. Whether the situations are bad, or even if we do not get any encouragement from others, we need to go on giving our best. Only with this will we be able to experience constant success. There would be the satisfaction of giving the best even when the results take time to come.

## **Practical Ways of Changing Old Habits or Beliefs**

### **Motivation for Change**

An important factor to start positive change in our lives is for there to be a passion, a powerful force that leads us, a final goal that keeps us motivated. It is important to set yourself goals, to be convinced and to have the confidence and faith that one can reach them, since in this way we will make a daily effort to achieve those goals. There needs to be a clearly defined sense of purpose to your existence, clarifying the values that must guide your life in order to achieve these goals and establish the steps you must take for inculcating these values. If, at a subconscious level, you allow a mistaken purpose to be created, or there is a lack of true purpose in your life, then you will not be motivated to know and change yourself. Many people think that the purpose of their life is to survive and they use the language of survival in this way: \* Life is hard out there, \* You must get whatever you can. They are not aware that they have chosen this purpose, but subconsciously it is what they believe they are here for, and this makes them think that they must accumulate, take, create barriers to protect themselves and compete with others.

(To be continued tomorrow .....

## Soul Sustenance

### The Filtration Process In The Soul

The mind and its creation i.e. thoughts, in these times, in most people, are controlled by three main factors:

- i. their habits or sanskaras**
- ii. their past experiences, and**
- iii. information which they are exposed to and which they imbibe.**

The intellect is like a filter which has the function of discriminating, of judging the thoughts and deciding which ones to put into practice and which ones not to, basically filtering them.

**Presently the filter of the intellect has become weakened, confused and unsure; it has become blocked by many incorrect beliefs, due to which this filtration does not take place properly – as a result many wrong thoughts get converted into actions.** A lot of times during the day, thoughts become actions so fast, that the filter of the intellect does not even come into play i.e. thoughts become actions bypassing the filter.

The beliefs that we have today are related to our cultural, physical, social, religious, political identity associated with our age, gender, occupation, wealth, role etc. of our body. Beliefs connected to materialism, to **having** rather than **being**, are living based on the perception of the sense organs, and not on the intuition and the wisdom of the spirit. There are beliefs that block you, or brake you, others break you, they bring about fears in you and a limited perception of reality and of yourself. However much you try to generate positive thoughts, if you do not change these beliefs, their influence on the intellect will be so strong that it is almost impossible to maintain a positive state of mind. Even if you experience it, it will be short-lived and temporary.

## Message for the day

**True treasure is the treasure of contentment.**

**Projection:** We, sometimes, find that we do not always have with us everything we want. When we are faced with this thought again and again, we naturally begin to have negative thoughts. We, then, are not able to appreciate and use what we have. Instead we are left wishing for something else.

**Solution:** Instead of thinking of what we don't have or need, we need to make effort to use whatever we already have with us. For this, we need to make a conscious effort to check what treasures we have, then, we will be able to use them in a worthwhile way. Then, we will be able to be content whatever the situation may be.