



## **Treasure of Memories**

We've learnt, received & accomplished so much in our life.  
Yet sometimes we forget.

Like buried treasure, it's still all there, hidden away inside our  
memory bank.

When we reach into our treasure chest of memories, we can  
recover & reclaim the lost experiences, energy & enthusiasm.

## **Enthusiasm**

Without enthusiasm life becomes a dry and tasteless experience. Anyone can become enthusiastic for a little while but to keep enthusiasm steadily flowing through our life is a great art. The secret is remarkably simple; live in a state of appreciation; appreciate the special qualities within everyone; appreciate the wonder of nature and give thanks to the cycle of life and everyone's contribution to it. Enthusiasm is infectious, especially when it is based on an appreciation of, and love for life itself.

### **The Five Primary Qualities (cont.)**

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives. We had discussed peace and purity yesterday. The others are:

#### **Love**

Perhaps the most difficult original quality to achieve because it has become so mixed up with attachment, possessiveness and dependence, deeply ingrained habits that have become accepted as normal. As a result, the human being finds it difficult to realize the true form of pure love, which is unconditional. The quality of love means \* I care, \* I share and, in particular, \* I liberate. True spiritual love never creates that need, or dependence, where others cannot find, or be, themselves.

#### **Knowledge**

To know and to be what I am eternally and truly, and to exist in this consciousness, is what we mean by knowledge. It is not knowing about the soul, peace, love, etc., but rather knowing is to be the soul, to be peace, to be love. This quality of true knowing is expressed through 'I am', the original awareness of the self that exists beyond the false self of ego.

(To be continued tomorrow ....)

## Soul Sustenance

### The Power To Decide

Sometimes, there are certain situations where I'm not so much faced with a choice between truth and falsehood where the power to discern (discriminate) is required, but I have to balance competing aims or priorities in deciding on a course of action. There's great value in getting this right, because poor judgment can entangle me in consequences from which it might take years to recover. If I'm deflected because of my attachments or desires, I'll lose my ability to decide accurately.

Understanding myself as a soul, and keeping my heart full and free through my relationship with the Supreme Soul (meditation) makes my mind free from waste thoughts. Having a clean, clear and concentrated mind helps me remain in the best possible position to judge correctly. I'll be like the Statue of Justice, wearing a blindfold as she carefully weighs the evidence: free from prejudice (bias) arising from superficial appearances, above the influence of situations and the emotions and opinions of others, perfectly centered, she is optimally placed to sense the right way forward.

### Message for the day

**There is magic in each day for those who have the eyes to see.**

**Expression:** The ones who are happy, always find something new. Even in the most ordinary and routine situations, they are able to find something interesting. So they are able to use everything that is with them in the best possible way. They are the ones who bring newness with enthusiasm and make the best use of the resources available.

**Experience:** When I have the eyes to see the magic of each day, I have the ability to appreciate even small beautiful things of life. I constantly find myself content with whatever is happening and whatever I attain in my life. My contentment also brings creativity and I am able to experience progress by making use of all that is with me.