



### Like an Incense Stick

Although your thoughts, attitudes, intentions and feelings are not visible, they do have an effect. They permeate the atmosphere and influence the mood in a room, like the aroma from an incense stick, curling through the air ...

Negative thoughts and intentions or a less than generous attitude release a heavy pungent odour.

Kind thoughts, beneficial intentions, or an understanding attitude create a fragrant aroma, uplifting the atmosphere.

What atmosphere are you creating?

## Understanding What Is An Angel

When I have the consciousness that I am a soul, a non-physical being of light, acting through the physical body, even others begin to notice. This is what the angelic stage is. **By remaining in this angelic, soul-conscious stage, others will also feel a sense of lightness and upliftment in my company.** Angels are thought to be mythical creatures who have a human form with wings, who are always in the company of God and help Him in guarding and protecting other souls. Actually, angels are human beings with divine qualities.

Angels are always shown with wings. **One of the wings of the angel is symbolic of spiritual knowledge, which it has received from God; the other is symbolic of spiritual qualities and powers, which it has inculcated, through the power of meditation or a spiritual connection with God.** The wings of an angel also symbolize the lightness and freedom of such souls. With such wings the angel flies constantly in the company of God. Its lightness and freedom is because it has no bondages or attachments in the physical world; all the chains have been broken. Because angels have the absolute and constant support of the Supreme Being they can be the support and protectors of many others, by sharing with them, spiritual knowledge, qualities and powers, which they possess.

An angel is the 'right hand' of God in the task of world transformation (change). The language which it uses to bring about this transformation is spiritual silence; positive, powerful and pure thoughts along with sweet words full of spiritual knowledge, all of which have the effect of uplifting others.

(To be continued tomorrow...)

## **Soul Sustenance**

### **The Location And The Form Of The Soul (Part 2)**

Whenever I say: I feel something within me, pointing to the heart, obviously it's not something within the chest. The physical heart is just an incredibly sophisticated pump for blood. It can even be transplanted – it does not create feelings! Within the real me, the living and thinking being, the soul (situated inside the brain), there is a centre of emotions, moods and feelings. The sensations that I very obviously feel around the body are due to the total connection that exists between the soul and the body in which it resides. For example, when I am afraid of, say, a dog attacking me, the whole system is activated. From the control centre in the middle of the brain, the soul sends messages out all around the body. Adrenalin is secreted to give extra strength to the muscles (so that one can run). The heart starts to pump faster, the breathing becomes shallower and the palms begin to sweat. While it may seem that all the different organs have their own sensing and feeling systems, the whole operation is so split-second fast that the coordination of sensations and responses by the soul from its own special cockpit in the centre of the brain passes unnoticed – it so seems that the body is creating the sensations and responses, but they are actually coordinated and controlled by the soul. In this way, if I feel something in my heart for or from something or someone, it's really being processed by me, the thinking being, the soul and then reflected in my heart.

(To be continued tomorrow ...)

## Message for the day

**To find reasons to be happy is to increase happiness.**

**Expression:** When the mind searches for reasons to be sad and sorrowful, even situations with no great significance are seen with a vision of negativity. So there is constantly an expression of words and actions that reflect the need for sympathy and reassurance. On the other hand, when there is the search for happiness, then everything is positive giving happiness..

**Experience:** When I am happy, I start perceiving everything with that vision. It is like wearing coloured glasses. Whatever colour my glasses are, the whole world is coloured with it. Then, I am no longer able to perceive and recognize negativity and I am able to remain happy with everything.

## Bring Benefit

Everyone naturally works for the benefit of the self and others. But sometimes we find that others are not able to appreciate our contribution. This is because we are not able to recognize the needs of the other person. So there is a tendency to ignore the needs of the other person. The one who discriminates well is able to understand the other person's need and give accordingly. So whatever is done naturally brings benefit for others. When we are able to bring benefit for the right person at the right time with the right thing, we are able to win the trust of the other person. We expect nothing in return, but have the satisfaction of helping at the right time.