



Broadway and West End classic, "Annie"

## Everything You Do

Do everything with love and love everything you do! From the mundane chores to the projects that really interest you.

Do everything with love, and you're able to accomplish the task with ease, simply because there's no anxiety or tension about what you have to do.

Love everything you do, and you transform work into entertainment. And when you're enjoying yourself, others will want to be involved in everything you do.

### **The Three Mirrors For Inner Beauty (cont.)**

In yesterday's message, we had discussed the first mirror, the mirror of spiritual knowledge. Elaborating further, this mirror will also show you the Supreme Soul and it will remind you about His virtues and actions which will help you check where you stand in comparison to Him in terms of virtues and actions and will influence you to follow him by imbibing those virtues and performing actions in the similar way. Lastly this mirror will remind you of your relationship with the Supreme and forging a deep and personal connection with Him in different ways which will benefit you and others.

The knowledge read every morning will help you see and realize what mistakes you have committed in the last 24 hours while performing actions and also in maintaining a connection with the Supreme and also see what you have done positively in the same regard during the same time, which will encourage you further to do the same in the future. The mirror of knowledge will also help you remain careful for the day ahead and perform actions and experience a relationship with the Supreme based on what you have read. **It is a common experience of a lot of people that the spiritual knowledge read in the morning is always what the need of the moment for them is. The spiritual knowledge read is very commonly an exact reflection of the activities and mental state of your last 24 hours and/or something which you require for the coming day** for the self, for your relationships, for facing different types of obstacles in your personal and professional life. This is the Law of Spiritual Attraction that works in each one's life, but to different extents. Our consciousness and inner requirements attract towards us the spiritual knowledge of a similar nature.

(To be continued tomorrow ....)

## Soul Sustenance

### The Five Spiritual and Five Physical Elements (Part 1)

There are various ancient teachings in the East including India which describe the five physical elements - earth, air, water, fire and sky as the five pillars of Creation or the building blocks of Creation. These teachings suggest that every particle of the physical Creation is made of these building blocks. The human body is also made of these five primary elements. These elements need to remain in balance for the Universe to stay in order and the human body to stay in order or good health. Bad health generally means one or more of these elements is out of place. There are various techniques mentioned in these teachings which are used to create this balance, including ancient Indian mantras. The popular ancient Indian Vedic Vaastu science, used by many to build homes even today, also works on creating a balance between these five physical elements.

According to spiritual principles given by the Supreme Being or the Supreme Soul, in the same way, on a spiritual level, the soul also comprises of five original constituent qualities or building blocks or elements— peace, purity, wisdom (or truth), love and joy. When the soul first comes down from the soul world and starts playing its part on the physical world, there is a complete balance of these five qualities in its personality. This is the reason that at the beginning of the world cycle, in the period that we commonly call the Golden Age or Paradise or *Satyuga*, there is complete happiness, love and peace within the self and even in relationships. The balance of the spiritual elements in the souls, causes the five physical elements earth, air, water, fire and sky also to remain in complete balance; hence in the Golden Age, there is complete physical prosperity and richness; there is no trace of illnesses and natural calamities like earthquakes, floods, etc. Due to the double balance, nature is not only in order but very very beautiful. Even the physical bodies are not only healthy but very beautiful. Even the animals and birds are completely full of all virtues and live in absolute love and harmony with each other. So the balance of the five virtues in souls reflects itself not only on a subtle level i.e. in the personalities and interactions but also on a physical level i.e. in the physical bodies, flora (plants) and fauna (animals), nature in general, etc.

In tomorrow's message, we shall explain the reason for this.

## Message for the day

### **To have a positive outlook is to remain in peace.**

Expression: The more one hears and talks about positive things, the more one is able to be free from negative influences. The environment today doesn't give much of a chance for hearing to positivity because of the continuous flow of news about conflict and violence. But changing the theme of conversation and talking about what life gives is to change the responses to the world in a more positive way.

Experience: When I have a positive outlook, it creates in me hope and enthusiasm for the future. I also have a more positive view of the present reality. I remain in peace, whatever the challenges or negative situations I may have to face. I am able to be in touch with the inner peace and maintain this state of mind under all circumstances.

## Sharing

Normally there is a tendency to think of what we need and what we have to acquire. So we tend to think of ourselves alone. We think of sharing with others only when we have sufficient for ourselves. This creates expectations from others and there is disappointment when these expectations are not fulfilled. There are lots of resources in our lives that we can share with others. The more there is the consciousness of giving there is the ability to give and share these inner resources with others. We discover new treasures and use them for the benefit of all and also for the self. Then there is constant satisfaction in our lives. There are also constant good wishes that we receive from others.