



### **Compassion**

A compassionate person develops an eye for spotting the qualities that make each person special. Even when others are at their lowest ebb, it is possible to help them restore their self-belief by keeping a firm, clear vision of their goodness and specialties. Taking a gently encouraging approach, I must never give up on anyone.

## **Being Big**

When we consider ourselves to be big, we usually expect from others. We usually want others to give respect and be obedient to whatever we say. But not always do we find others listening to us or obeying us. We are then disappointed and try to use more of our authority in a forceful way. To be big means not to expect to take but to be a giver. If we are big, we definitely also need the understanding that we are in a better position than the other person and so we need to give. This attitude will help us get others' good wishes which will help us progress and we continue to achieve success.

## **The Location And The Form Of The Soul (cont.)**

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 ...)

## Soul Sustenance

### The Key To Mental Freedom – Spiritual Knowledge

The world is full of many wonders; incredible works of art and architecture, of science and invention, but the greatest of them all by far is the human mind. **It is the mind's play that brings about all activity in the human world.** The outline of everything people construct is first formed in the mind and then filled in with matter to assume a concrete shape. History, science, culture, trade and commerce, in fact all knowledge and systems of our day-to-day world, are but the projection and fulfillment of thoughts born in the mind. **If the mind, by concentrating itself on matter, can bring about such wonders and attain such miraculous physical powers as we have, what can it not attain if it concentrates on itself and on the Supreme!**

Disorder and tension on the individual level and as a result on the social level are the result of ignorance of the self and the world around, such that the mind stays without rest. It runs, jumps and churns aimlessly, lashed by waves of feelings and emotions. Like a spider caught in its own web, the individual becomes entangled in nets which are the consequences (results) of this ignorance of the self and the fundamentals of life. **When we receive spiritual knowledge from the seed of the tree of humanity, the Supreme Being or God at the present time,** we begin an upward journey that takes us through deeper and deeper levels of understanding and experience which create freedom from these nets. This freedom, as a result helps us create a positive future, not only for ourselves but we also take up the responsibility of creating the same for the complete tree of humanity, which is primarily the purpose why God shares this knowledge with us.

## Message for the day

### To have knowledge means to remain cheerful.

**Expression:** The one who has the right understanding based on accurate knowledge is the one who is able to remain content even during difficult situations. Since there is a clear understanding about situations and the people around, there is no difficulty in giving the best under all circumstances. Such a person uses all challenges to enrich his own capabilities.

**Experience:** When I am able to use knowledge as a weapon in a positive way, I am able to understand everything that happens. I understand that there is a reason for whatever happens and there is something to learn from every situation. So I am not upset with the varied situations I am faced with, but am able to remain cheerful enjoying everything that comes my way.