



### **Original Peace**

It is not necessary to search for peace. It is within. Your original state is one of peace. Learn to be in charge of yourself and maintain your peace: centre your awareness on your spiritual form - a tiny star-like point of light, seated in the middle of your forehead. Really experience the difference between You the Sparkling Star, and your body, the physical vehicle. Learn to detach yourself from the vehicle. Even a few moments of this practice, if done regularly, will return you to your natural state of peace. And your actions will be filled with love - for the self and others.

## **Learn from Mistakes**

When we see someone making a mistake, we usually judge the other person based on it. We begin to form an attitude towards that person which doesn't allow us either to learn, or to help others learn from what has happened. So we really are not able to experience as much progress as we should. I sometimes wait for my own experience to teach me what is right and what is wrong. But this would not be necessary when I am able to learn from others' mistakes too. So when I see someone making a mistake, instead of judging the person based on it I need to make use of it to take the learning and move forward.

## **Factors that Bring Us Closer To Failure**

Given below are some factors that bring us closer to failure:

- \* Dejection and Disillusion.
- \* Fear.
- \* Ignorance.
- \* Confusion.
- \* Influences.
- \* Mental weakness.
- \* Insecurity.
- \* Inexperience.
- \* Ego, arrogance.
- \* Mistrust.
- \* Attachment, dependencies.
- \* Excuses, laziness, putting off.
- \* Excess of acceptance with submission.
- \* Fear of being yourself.
- \* Making judgements without an objective vision.
- \* Nervousness.
- \* Not taking on limits.
- \* Low self-esteem.
- \* Blockages. Not going forward.
- \* Intolerance.
- \* Rigidity - inability to adapt to different situations.

## Soul Sustenance

### The Pledge Of Responsibility

A very important aspect of progress in the self and my relationships, which we all desire is restoring a sense of responsibility in my inner world, so that by doing that, I and others around me are benefitted. Even on a physical or non-spiritual level, someone who is responsible while playing his/her role or performing his/her duties either in the family, at the workplace or in some other setting e.g. a club group or a team in a particular sport or a social service group, not only feels content with his/her actions himself/herself but spreads ripples of contentment to others and receives similar energy from each one he/she is involved with. In the same way on an emotional or spiritual level, when I start my day I need to remind myself of my responsibility towards myself. **I need to remind myself that I am responsible for the choices I make in my life which influence and color everyone around me. So do my thoughts, feelings, the way my personality functions internally and externally the whole day and my responses to people and situations, for all of which I am responsible.**

It is like taking a **pledge of responsibility** with the self in the morning that today I will not create a single thought, word or action which is against the texture of my innate, positive nature i.e. irresponsible. And what will provide my pledge the much required strength of determination? An injection of positive thoughts, emotions and *sanskaras* within me in the morning, using a suitable technique of self empowerment like meditation or spiritual study or some other. **By taking such a pledge of responsibility and by watering it with the energy of my attention from time to time during the day, I am able to implement it and can make a difference to not only the people around me, but to a lot more than that.** In this way, as I change, the world around me changes, because the energy I create in my inner world starts flowing into my circumstances, my interactions, my sphere of *karmas*, etc. to make them positive, which benefits me in return in the form of a cyclic process. As I take this pledge and abide by it for a few days, I start realizing the immense potential that it possesses.

## Message for the day

**To transform waste into something purposeful and powerful is to remain light.**

**Expression:** To successfully transform something waste into something powerful and meaningful is to look beyond the situation and see what it has to teach. When there is the ability to do this, there is the ability to go on in spite of the most challenging obstacles. There is the deep understanding that nothing happens without a purpose. There is no time or energy wasted in wasteful company.

**Experience:** When I understand the significance of everything that happens, I am able to transform in a second. So I am able to remain light because I am able to put in sincere effort and free myself from the burden of waste. I also find that there is no problem in my relationships too, as I am able to understand others and behave accordingly.