



## Mind Matters

The most important part of you is your mind (not your brain - the brain is the hardware and the mind creates the software). Care for your mind, make friends with it, always feed it healthy food, engage it in positive activity, exercise it with knowledge and wisdom. Like a garden returns fragrance and beauty according to the care invested, so your mind will repay you with thoughts, ideas and visions of great beauty when tended and invested with care. Your mind is not made of matter but it does matter what you give it and what you create with it. Where your mind goes, you go. What your mind creates becomes your destiny.

## Love Your Work

If something is difficult, it means there is no love. Where there is love, even a task as difficult and big as a mountain becomes as easy and light as cotton. Love makes work easier and lighter. Today is the day to love your work. Whatever you are doing, remember that you love your work. Experiment with one thing that you have been finding it difficult to do with a reminder to yourself that you love it and that is the reason you are doing it.

## The Location Of The Soul Inside The Body

The soul has the following basic functions to perform:

- \* to give life to the body and to maintain life inside it,
- \* to express and experience its role through the body, and
- \* to receive the rewards or fruits of past actions performed in previous births, through the body.

These functions are controlled and monitored by the soul via the nervous and hormonal systems from a particular point in the area of the brain which contains the thalamus, hypothalamus, pituitary and pineal glands. This region is known as the seat of the soul, or the *third eye*. The connection between the physical (body) and the non-physical (soul) is by the medium of thought energy. Many religions and philosophies place great importance on the *third eye*, or eye of the mind. When viewed from the front, this region appears to be between and slightly above the line of the eyebrows. It's for this reason that Hindus use a *tilak*, a dot in red or sandalwood paste in the middle of the forehead. Christians also make the sign of the cross in this region. Even when one makes a mistake or expresses tiredness it's to this region that we put the hands in the gestures of self-dismay or exhaustion. After all the soul subconsciously knows that it makes the mistakes and not the body. When people are concentrating deeply in thought it is this area of the forehead where creases or lines are formed on the skin.

## Soul Sustenance

### The Two Dimensions Of Being A Detached Observer

There are two dimensions of being a detached observer - the **inner** dimension and the **outer** one.

Let us look at the **inner dimension** of detached observation. **It is the ability or the technique to stand back from or observe in a detached way our own thoughts, feelings, emotions, attitudes and behavior.** We are creators and our thoughts, feelings, emotions and attitudes are our creation. In fact, this is the first step to becoming a ruler of the self and making the self powerful. If we fail to detach from our thoughts and emotions then they will be our masters, they will go out of control and will, as a result, leak away or waste our energy. Practice simply being the witness of whatever you are thinking and feeling. This is an important aspect of any good spiritual practice and after a while you will find it an experience that both, frees you and empowers you.

**The external dimension of detached observation is the technique of being a witness to or an observer of the scenes, of the world around us.** As we stand back and watch the scenes of life being played, on the world stage around us, without being actively involved, we can see the 'big picture' more clearly. This makes it easier to judge clearly what is the most suitable contribution that we can make and the most suitable role we can play - through our thoughts, words and actions.

## Message for the day

**To make the aim and qualification equal is to bring perfection.**

**Expression:** To have an aim that is high is to naturally bring about the desire to do the best in everything. But also important is to make effort to bring about those qualifications that are needed to fulfill this aim. So the one who has the desire to make the aim and qualifications equal is the one who is able to bring beauty to every action.

**Experience:** When I am able to make constant effort to bring in those qualities that are necessary for my aim I am able to bring perfection. I am able to experience the satisfaction of bringing a lot of change in a short time. I experience constant progress as I continue to make effort to move on towards my aim.