



## **Co-operation**

Co-operation is perhaps one of the least recognised but most valuable of human virtues. So, for a person to be co-operative means for them to have a quiet eye for what is needed to bring success, and to supply it (and no more) at the right time, in the right place and then to be off. Someone who co-operates, offers their services and then splashes their name on the achievement is not co-operative. It requires invisibility and precision to do and then to go without waiting for results. It also takes a discerning eye to see exactly what is needed, to be removed sufficiently from your own approach to a task and just to contribute one ingredient. Sometimes not even an idea but, however clever you may consider yourself to be, just a hand, a support.

## Become Victorious

How can I free myself from subtle aspects of anger?

I have to keep the aim of making each and every day – every moment – victorious. I must think, 'this day, these hours and minutes, will not come again.

I can't lose another second on this; my immediate attention is needed!'

If I am still thinking about something I don't need to be thinking about, it means I am still wasting time and energy.

## Understanding And Overcoming Ego

Identification with the ego and the external self creates a false identity and extremes of feeling inferior, or superior, depending on the circumstances and people. It brings with it the thought of *I am*, which is based on gender, religion, nationality, achievement or talent, creating an attachment to the self, which always compares and competes with others. This insecurity leads a person into forcing others to act and think in the same way as them. An egoistic person, rather than recognizing that everyone is unique with a unique personality and has a right to express his/her respective personality, sees difference in personalities as a threat to himself/herself.

Where there is such ego, only *yes* people (who have the same opinion as yours) are allowed to come close: anyone with a difference of opinion is rejected. With ego, the original uniqueness of the self is denied, unrecognized and buried deep in the layers of wrong identity. This is why, these days, there is such an identity crisis - humanity has lost its soul, or rather, sold its soul to external traditions and attractions.

With ego, then: is the idea of *I know best* and consequently the misunderstood duty and right to control and manipulate others, in their best interests (supposedly)! This results in the spoiling of the creativity and uniqueness of others.

(To be continued tomorrow...)

## **Soul Sustenance**

### **The Triangle of Spiritual Energy (Part 1)**

Harmony within the self and with others is based on the accuracy of three aspects of remembrance: the ability to disconnect, connect and reconnect.

When I disconnect my thoughts from outside influences, stepping back from actions and words, then I can go into silence and connect with the self. To plug into the self, I use the thought: Om Shanti or “I am a peaceful soul”. This thought is the current that activates my eternal resource of peace and the qualities that emanate from this peace. The first step in meditation is always to connect with the self: what we call the inward step.

The next step in meditation is vertical, where, within one second, my concentrated thought connects my mind with the Supreme Source of Peace.

Silence and love give the mind wings to break the pull of gravity and to fly and unite with the One, who is the purest point of energy in the universe. This vertical connection from the point of the self, the soul, to the point of the universe, the Supreme Soul, gives the mind fresh new energy. This fresh energy is divine spiritual power and cannot be found in, or taken from, a human being. Therefore, if I wish to recharge myself, to rediscover and restore the original balance and harmony within myself, the second movement made by my mind must be vertical.

(To be continued tomorrow ...)

## Message for the day

**To be constantly enthusiastic is to experience freedom.**

Projection: When everything is going on well I find myself enthusiastic and have the interest to move forward. But when even a little thing goes wrong, I lose all enthusiasm to do anything else. This creates a bondage for me and I find it difficult to move forward.

Solution: I need to remind myself that to be enthusiastic in all situations is to be like a free bird reaching great heights. To lose enthusiasm according to difficult situations is to be like a caged bird.