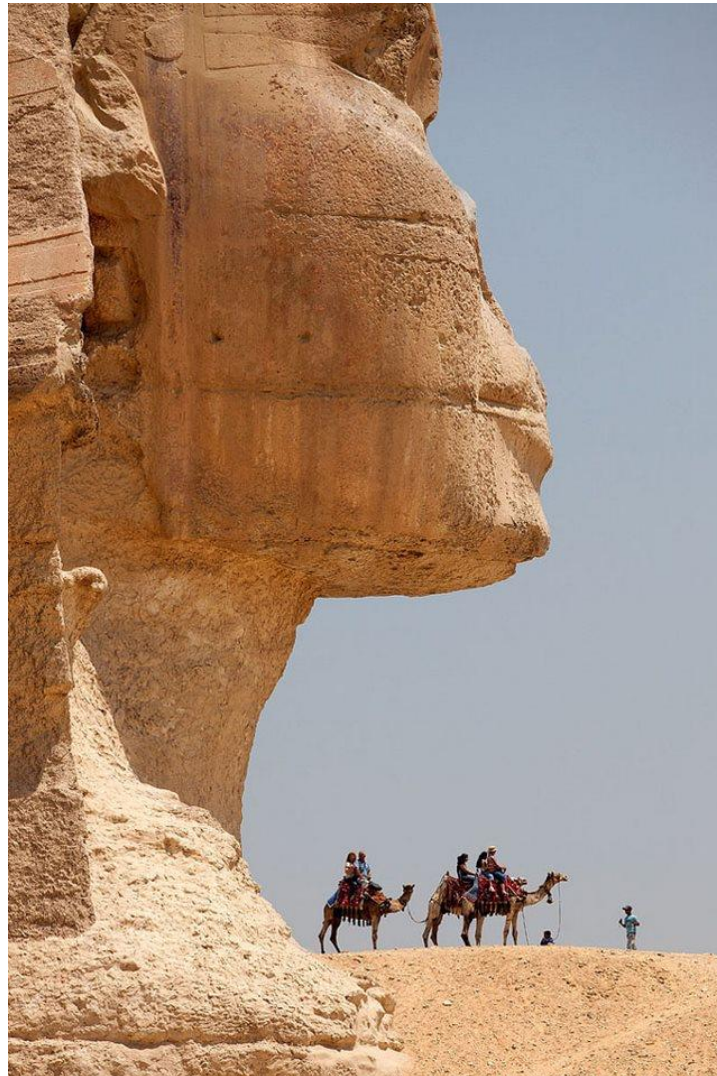


Today's Thoughts: June 16, 2019: Banish Ego



The Sphinx-Egypt

## **Banish Ego**

Ego is not just having a big head. Ego is present every time you feel any kind of fear, or hear yourself saying "That's mine!". The truth tells us that nothing is 'mine' or 'yours', we are all trustees, and fear is only present where there is the voice of attachment. So where there is ego, there is attachment, and where there is attachment there is fear, and where there is fear there cannot be love and where there is no love there is misery. This is why there is so much unhappiness in the world. Detach from everything, and you will banish ego, fear will be no more, only then can true love return, and our oldest friend happiness will feel it is then safe to make a reappearance in your life.

## **Tolerance**

Tolerance is to be in the natural stage of self-respect. When there is appreciation for the self there will be self-respect. And where there is true self-respect there will be no ego or arrogance of the special qualities in oneself. Let us think of one aspect in ourselves which we think is our speciality. We then need to make the practice of reminding ourselves of this speciality. When we increase our self-respect in this way based on our speciality, we'll find our power of tolerance increasing too.

## **Valuing The Physical And The Non Physical**

When the soul leaves the body, it's not just the body that dies but it's as if all the connections with the world of that individual are simply switched off. Not only the relationships but all specific plans, projects and desires suddenly have no further means (medium) through which they can be expressed or put into practice. The powers of thinking, deciding and the personality traits (sanskaras) connected with the life that is being left behind, stop and get hidden momentarily to emerge again in a new body, a new life. All the material things that belonged to that particular individual are passed on to others.

It's interesting to note that even when the body is sick it can only be treated when the soul is still present. If we take out the soul no one remains to look after the body.

On the other hand, the body is a truly marvelous vehicle for the soul to express itself through. No manufactured machine could hope to compete. For example, it is calculated that in just one day, the brain is able to complete a hundred times more connections than the entire telecommunications system of the planet. Or compare the human eye with any manufactured camera or the heart with any manufactured pump. The body's importance cannot be played down or not taken into account.

## Soul Sustenance

### The Spiritual Seed And The Human World Tree

Spirituality introduces God or the Supreme Being as a seed, a point of reference, the spiritual Pole Star, remembered by all souls all over the world. But over a period of time, with an experience of linking my mind and intellect with Him, we realize that although He is a seed, a point, He is not a non-living seed but a living one with a unique personality of his own, a personality which no one can match, a personality of spiritual truth, of beauty, of purity, of generosity, of love, of giving, of peace, of humility, of bliss, of power, of sweetness etc. How is this possible? We normally think of a seed as inactive or dormant, despite the enormous potential that lies within it, due to which it gives rise to a complete tree and bears fruits and other products. God is the seed of the human world tree. When I see virtues around me, whether it be in all human souls including deities, prophets, saints and the founders of the great religions or animals or nature, I know that ultimately this comes from God but God is not all pervasive, i.e. he is not present in all humans or nature or in the divine souls, but everything that is good in them comes from the virtues that are present in God or basically from the personality of God (mentioned above), because the tree is the creation of the seed, so all that is positive in the tree has come from the Source, the seed, perhaps sometime in the past. But, despite the goodness which is visible; today, peacelessness and pain do not seem to have reduced, and have probably increased, if we look behind the false covering of material success. The goodness is only in small patches. So what is the need of our times?

To spiritually uplift myself, I, being a part of the creation, a part of the tree, need to catch the positive energy within God, the creator, the seed. This energy is subtle, in that it is non-physical, but it is also glowing like light, and in meditation I can catch that glow, absorb it and feel its spiritual embrace healing me and making me complete or full. At the present moment, recognizing this need, the Supreme Being is shining the light of His personality through pure thought and vibrations more brightly than ever into the human world tree, inviting us: 'Oh sweet child, come and reclaim for yourselves your birthright, the inheritance of truth, by absorbing the qualities inherent in me through meditation or a spiritual link with me and making them your own.'

## Message for the day

### To accept advice is to ensure self-progress.

Projection: The natural state of the self is to ensure progress. Everything that is done by the self is for its progress. But the one who rejects advice rejects the progress of the self. To accept advice means to take the chance for whatever benefit that comes my way.

Solution: When someone corrects me or gives me an advice or suggestion, if I accept it in the right spirit, I'll constantly learn from it. This will enable me to experience constant progress. I am also naturally able to give regard to everyone I come into contact with and remain in constant happiness.