



## Think No Evil

"See no evil, hear no evil, speak no evil."

We have heard of this and seen picture the three monkeys.

On the subtle level, think no evil... thoughts become words, and words become actions...repeated actions become habits...thus, on the physical level, you will do no evil...

**YOU ARE WHAT YOU THINK !**

## **Returning To The Inner Seat Of Mental Comfort And Peace**

At the end of a busy and hurry filled and many a times even peaceless day at office, everyone goes home, to do what? Even a housewife, who has had a busy day in the kitchen and with the children, will yearn to do what at the end of the day? Sit, lie down, relax and experience peace. Just as each one of us returns home or to the comfort of the bedroom at the end of each day; each time we experience any of the various forms of anger in our words or actions or even in our thoughts, sooner or later, we will try to return to what we instinctively and intuitively know is the truth, what is right and good, to the inner seat of our own mental comfort and peace, which is our original and basic sanskara, peacelessness being an acquired one. It's as if we know when we are set on this seat that we have access to our inner power. It's as if we know that we can only be comfortable, powerful, blissful and content when we are first peaceful.

Sitting on this seat also provides us with the ability and the power to influence others. A proof of the fact is that all of us have, sometime or the other, known someone who lived their life peacefully but assertively (not weakly or timidly). They expressed themselves peacefully and interacted with others free of any traces of anger in their personality, and they stayed, more or less, positively peaceful and peacefully positive. We remember that person for much longer than the one who is always finding an excuse to use the weapon of anger when things or people do not go his way or get things or people to be as he would want. The peaceful nature of another makes a deeper and more lasting impression on our hearts than the angry nature of another. And when we are in the presence of such a peaceful person, we always allow them into our lives much more and for longer periods of time. In the same way, when we function from our inner seat of mental peace, we are able to influence others and make a lasting impression on others much more.

## **Soul Sustenance**

### **The Negative Shade of Respect in Relationships (Part 2)**

In yesterday's message, we had looked at the incorrect and negative side of respect (the energy of fear) in relationships. Today we look at this kind of relationship from that person's perspective from whom respect is demanded. When the boss or the parent or the spouse (please refer to yesterday's message) tries to induce respect inside you for him or her, in return you fear him or her, most of the time thinking it is respect. But, at that point, you need to remember it is impossible to give respect to another if we, at the back of our own minds, fear them. If you are scared of someone or something, it means there is an absence of self-respect, there is a lack of a true realization of your own value, your specialties, your skills and the virtues and powers that you possess. And if you do not respect yourself, you cannot truly respect another. It is only when you are firmly established in your own self-respect that you have no fear of others and are then capable of giving genuine respect to others. Sometimes we are not comfortable with being seen as fearful, because our image will take a beating, so we try to avoid admitting we fear someone by saying we respect them, but internally we are in awe of that person and being in awe is not respecting him or her.

Many a times, two prominent people e.g. two actors or politicians or sportsmen are not on good terms. They accuse and bring down each other publicly and are known enemies in the press. While they do that, they also carry a subtle fear of each other, a fear that the other will outperform them; the other will be more popular, the other will be more powerful etc. This normally happens because of a lack of self-respect. They both will probably hide that and will pretend that they are confident and established in their self-respect. But if their self-respect were genuine, they would not be scared of each other, and they would have the courage and the patience to talk and work with each other and listen to and offer the hand of friendship to each other, whom they perceive to be an enemy. But when they don't have the strength of their own self-respect and when they are unaware of their lack of self-respect, subtle fear for the other creeps in, which they don't realize and if they realize, they do not admit the same. And that's why the restoration of self-respect is only possible when the ego is recognized and no longer nourished. Because, fear always comes from the ego and ego is nothing but an excessive attachment to one's false image.

## **Message for the day**

**You will be truly successful when you are loving and detached with the ones you come into contact with.**

Expression: With all the people that you come into contact with throughout the day, check if you are able to have a balance between being loving and detached. Detachment doesn't mean to stay away from people, but to be with them and yet be detached.

Experience: Make the practice of seeing only specialities, your own and that of others. This will enable you to maintain your self-respect and you will be able to find yourself both loving and detached.

**The one who is constantly full of enthusiasm inspires others.**

Whenever problems come our way, we tend to feel weighed down by negative thoughts. Heaviness in the mind prevents us from moving forward with enthusiasm and makes it tricky for us to inspire others. Whenever I encounter a difficult situation, I need to make a special effort to remain free and light. The more enthusiastic I am, the more progress I will make. My attitude will inspire others, too.