



## **Happiness**

It is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

## **Performing A Spiritual Audit At The End Of The Day (Part 2)**

Yesterday we had explained how self-evaluation at the end of the day is extremely vital to one's progress and development. A useful exercise in this regard is keeping a daily chart for **about 3 personality traits or points** and filling it up every night (lesser than 3 is also fine, but not more , because then you might feel lazy in keeping the chart after a few days and also you might lose focus and the personality traits may not transform as much as you want). You could either evaluate yourself with a yes or no or perform a percentage wise evaluation like 50% or 90% for e.g. We have mentioned below, some of the common traits from which you could select the traits to keep a daily chart for. You could incorporate some other specific traits (not mentioned in this list), which you want to change or develop, depending on your personality:

**In the entire day, today; not only in my words and actions, but also in my thoughts:**

Did I see everyone's specialties and keep good wishes for each one, in spite of obvious weaknesses being visible?

Did I remain free from all forms of anger, like irritation, frustration, grudge, revenge, etc.?

Did I ensure that I neither give nor take sorrow, hurt, pain from anyone?

Did I remain free from waste and negative?

Did I remain ego less?

Did I remain untouched by name, fame, praise, insult?

Did I remain stable?

Did I remain free from judgments, criticism, jealousy, comparison, hatred, etc.?

Did I keep a conscious of serving each one whom I met?

Did I bring the 8 main powers into practice and experience being powerful?

Did I remain in self-respect and give respect to everyone?

Did I practice being soul-conscious in actions and interactions?

Did I take a one minute break every hour to reflect, meditate and control the traffic of thoughts in the mind?

## Soul Sustenance

### The Filtration Process In The Soul

The mind and its creation i.e. thoughts, in these times, in most people, are controlled by three main factors:

- i. their habits or *sanskaras***
- ii. their past experiences, and**
- iii. information which they are exposed to and which they imbibe.**

The intellect is like a filter which has the function of discriminating, of judging the thoughts and deciding which ones to put into practice and which ones not to, basically filtering them.

**Presently the filter of the intellect has become weakened, confused and unsure; it has become blocked by many incorrect beliefs, due to which this filtration does not take place properly – as a result many wrong thoughts get converted into actions.** A lot of times during the day, thoughts become actions so fast, that the filter of the intellect does not even come into play i.e. thoughts become actions bypassing the filter.

The beliefs that we have today are related to our cultural, physical, social, religious, political identity associated with our age, gender, occupation, wealth, role etc. of our body. Beliefs connected to materialism, to **having** rather than **being**, are living based on the perception of the sense organs, and not on the intuition and the wisdom of the spirit. There are beliefs that block you, or brake you, others break you, they bring about fears in you and a limited perception of reality and of yourself. However much you try to generate positive thoughts, if you do not change these beliefs, their influence on the intellect will be so strong that it is almost impossible to maintain a positive state of mind. Even if you experience it, it will be short-lived and temporary.

## Message for the day

**By removing the curtain of negative thoughts from your mind you can see the best that is hidden behind in every scene.**

**Expression:** Throughout the day when things go wrong, check if you are able to remain unaffected. Also check how far you are able to see beyond each situation and see the positive aspect that is hidden within.

**Experience:** Each day take the thought that whatever happens is for the best. Even when things go wrong make the practice of seeing the good aspect in the situation and if you are unable to do so, remain with the faith that everything happens for the best.

## Aim & Object

To keep the aim in front of us is to move forward with contentment. Several times there are situations that are negative where we have to face things that are not really what we are expecting or wanting. At such times we tend to get disheartened and experience discontentment. Our state of mind becomes such that we can no longer experience peace. The solution at such times is to keep our vision clear on our aim. When all our thoughts and energy are concentrated on our aim, we will be able to consider any negative scene that comes our way as only a side-scene. We can easily ignore all such situations and so our mind is at rest or peace.