



## Silence

Silence is not a lack of communication. There is a subtle language that connects us to one another through the eyes, with a smile, or a gesture. In moving into an inner space of silence, we are attuning ourselves to the spirit of nature and letting go of the tendency to be critical. Silence provides the opportunity for me to identify the qualities in myself that have the capacity to transform me. In silence I can connect to the highest quality of my lightest, clearest thinking. In silence I can listen to the call of God, the call of nature, the call of others in need.

## **Performing A Spiritual Audit At The End Of The Day (Part 1)**

Our normal day at the office or/and at home is filled with lots of actions and interactions. On a normal day, without realizing consciously, we create almost 30,000-40,000 thoughts. So, not only are we active physically but extremely active on a subtle or non-physical level also. **Imagine sleeping with all this burden of thoughts, words and actions which have been created throughout the day, many of which have been waste and negative in nature. What would be the resulting quality of my sleep?** So it is extremely important to perform a spiritual/emotional audit or evaluation at the end of each day.

In a lot of professional sectors of life today, people recognize the need for reflection and audit, not only of financial records but also a general evaluation of the respective sector, to maintain and improve both the service to customers and the job satisfaction of people working in the sector. **Checking my own behavior, as a daily exercise; not just checking, but also bringing about respective changes for the next day, enables me to continue to develop and grow, as a human being and in the quality of my work and personal and professional relationships.** Have gone through the self-evaluation, it is also advised to become completely light by submitting the mistakes made and heaviness accumulated in the day to the Supreme Being. Doing this helps me put a full-stop to the same and settle all my spiritual accounts at the end of the day. I need to put an end to all commas (when looking at scenes that caused me to slow down and reduced the speed of my progress), question marks (when looking at scenes which caused a why, what, how, when, etc.... in my consciousness) and exclamation marks (when looking at negative or waste scenes, which were unexpected and surprising) which were created in the day's activities. Along with remembering what all good happened during the day, what did I achieve and what good actions did I perform, there is lots to forget at the end of the day, which should not be carried into my sleep at any cost. Disturbed, thought-filled, unsound sleep, will result in a not so fresh body and mind the next morning, which will cause my mood to be disturbed, adversely affecting the following day.

(To be continued tomorrow...)

## Soul Sustenance

### Comparing Atom And Atma

The knowledge of the laws of the physical universe is based on the atomic theory. The atom is seen to be a point-source of energy, and different energy levels and vibrations between neighboring atoms give the appearance of form, color and heat. It has been established that the entire material world we see around us as a variety of forms and colors, light and heat, is formed of these point sources of physical energy or atoms. The most beautiful scene in nature is merely a pattern of energy waves and vibrations. The sense organs select the vibrations and relay a message to the mind where all images are formed. The eyes see some of these patterns as light forms and colors, the nose pick up odors. In the same way sounds, tastes and sensations are detected and all of these are transmitted to the mind.

Atomic theory appeared originally in Greece and in India. The English word **atom** came from the Greek word *atomos* meaning **indivisible**. This word is similar to the Hindi word *atma* which means **self** or **soul** and refers to the conscious energy of the human as being an indivisible and un-destroyable point of non-physical light.

The human body is also a complex pattern of physical energies. Atomic particles build together to form the organic structures and inorganic minerals which perform the body's chemical interactions, thus forming the basis of the hormonal and nervous control of the body. What we see as old or young, ugly or beautiful, male or female, is also the effect of these differing levels of physical energies between neighboring atoms. However marvelous a machine the body may be, it is the presence of the soul which makes it function.

**One of the basic differences between souls and atoms is that while souls can exercise choice of their movements, where and when to go somewhere, atoms cannot obviously exercise such choice.** In a way you could say that a soul is a point-source of spiritual energy that has awareness of its own existence. Atoms do not.

## Message for the day

**The way to accumulate the account of blessings is to remain content and make others content.**

**Contemplation:** While you are doing something, check if there is any limited desire for name or fame. The instant fruit of the service that you do is that you are happy, it is not what you get later that is important. So check how much you are experiencing this fruit and remaining content.

**Application:** Whatever you are doing for yourself or for others throughout the day, make sure that you are enjoying it. When you start enjoying what you are doing you'll stop expecting anything thereby you can remain content.

## Be a Donor

To be a donor means to give at each step and increase one's own stock. Usually it seems very difficult to be a donor - to give from whatever resources we have. The thought often arises in the mind that we cannot give because we are ourselves not complete or full. We find ourselves constantly trying to fill ourselves and we then have no time or thought for giving to those around us. We have a lot of treasures within us which we can give to those around us, our virtues, our specialities etc. Even if we have just a little and give to the others, we will find ourselves benefiting. For having given from whatever we have, we find that these treasures begin to increase within ourselves too.