



Self-Sovereignty

Subservience to my negativity is a very precarious existence as I can never be sure how well I will handle a difficult situation. With practice it is possible to create appreciative and compassionate thoughts; then I no longer need to indulge in resentment, bitterness or dislike. Training myself to react calmly and wisely offers enormous dividends. Let me talk to myself silently with love and encouragement, balanced with firmness, and like the wise old sovereigns of fairy stories, let me rule the inner kingdom of my mind with benevolence.

The Four Pillars Of A Spiritual Lifestyle

A balanced and fulfilling spiritual life is like a table. It stands on four legs and if one leg is shorter than the others then both balance and equilibrium will be difficult. The four legs or pillars of a spiritual life are given below in the form of four subjects. If any of the subjects is not a part of our lives or is a part of our life, but not to as great an extent as the others, then the overall balance of our spiritual life will be affected adversely (negatively).

1. Daily spiritual study (knowledge or *gyan*)

Daily spiritual study provides the right quality of nourishment for our mind and intellect, the two important energies of the soul.

2. Daily meditation (spiritual *yoga*)

Daily meditation provides the means to explore, discover and reconnect with oneself and with God.

3. The inculcation and development of virtues (*dharna*)

Giving some time each day to the conscious development of our character (virtue) helps to eliminate any negative *sanskars* or personality characteristics (vices) and improves our ability to build positive and harmonious relationships. The quality of our relationships is a mirror reflection of our *dharna*.

4. The service of others (*seva*)

A life purpose based on some kind of service is the foundation of personal growth through the practice of giving. Finding appropriate ways to use our increasing spiritual power and understanding (through the three subjects mentioned above) for the benefit of others is the most satisfying way to use our energy today. It also ensures happiness for the present as well as for the future through accumulation of positive energy in the form of blessings of those who are served.

To understand the value of the jewels of knowledge is to use them well.

When I understand the value of what I know and the benefit of applying it in my life, I need to use it well. As I start applying important points in my life, I will start becoming richer and richer with these jewels. I will find the practical benefit of knowledge and will be encouraged to further recognize and use points of knowledge. Today I will take one point of knowledge and use it. I will use it not as a force but as a choice. With love, I will apply it to my life and bring it into my daily activities and behavior. Each day when I take up one point like this, I will truly be able to use points of knowledge and benefit from them.

Message for the day

Forgiveness means to forget the mistakes of others.

Expression: The one who is able to forgive is able to forget the mistakes in his future interactions even after noticing the mistakes of others. He is able to be loving and so he is able to give corrections with love. Only when there is love in one's interactions, will the corrections given will be effective. Also such a person will not be caught up with anyone's mistakes and will be free from attitudes.

Experience: Even if there is a temporary feeling of negativity, if I am able to forget the mistakes of others and forgive them, I am able to be free from negative feelings. I am able to be light and free from the burdens of the past interactions with them. So I find myself successfully able to deal with others, whoever they may be.