



### **Goodness**

When I become excessively critical towards others, it means I am going in the wrong direction. We are usually very good at spotting mistakes, but we should develop the quality of also spotting goodness. If I can see what is good in others or in situations and go beyond the curtain of negativity, I feel good about myself. If I constantly think "he is wrong", I instead create a barrier which blocks me from reaching my own goodness.

## The Energy of Thought And Feeling

Like so many other energies - sound energy, light energy, electrical energy, etc., which are primarily invisible forms of energy and come under the realm of matter or the 5 elements, the energy of thought and feeling is also a form of invisible energy. **The only difference is that it is an energy which transcends the limits of matter or the 5 elements** and is metaphysical or non-physical and extremely subtle in nature. **It is a living or conscient energy which originates from the conscient soul**, as compared to the other energies which are non-living or non-conscient in nature. But at the same time, it is important not to forget that it is closely connected with the physical body and can only express itself through a physical body. The other energies cannot express themselves since they are non-living. Also, we perceive this energy only when we are inside the physical body.

It is an energy which has kept going and going for as long as we have lived, life after life, in many wrong directions a lot of times. **It is this energy which we need to learn to channelize, control, manage, discipline etc. because by doing that we experience our original virtues of peace, love, joy and power**, which is our only and only desire, for which we use various different methods, but many times is not fulfilled, because we forget this basic and most important method. This is something which we have not been able to do since a long time, and something which a lot of people have desired to achieve since thousands of years. The technique of meditation is one technique which helps us in doing that. **The channelization of this energy will also improve the state of our physical body as it has a positive effect on the various body systems, the quality of all roles that we play and the success we achieve while playing them and very importantly our relationships** - not only with others but with our self and the Supreme Being or God also.

## Soul Sustenance

### The Subtle Role Play of Thoughts and Images (Part 1)

**The human soul is a subtle (non-physical) stage on which a subtle role play of thoughts and images constantly takes place throughout the day and even while sleeping.** We have explained in our older messages how thoughts are of 4 main different types - **positive** which are based on virtues, **necessary** related to day-to-day activities, **waste** which are mainly unnecessary and related to the past and future and **negative** which are related to vices and other weaknesses. In the same way, we also constantly create images or scenes, which are of the same 4 types, which is why we commonly use the term 'the eye of the mind'. The mind not only thinks or speaks subtly but visualizes or sees subtly too, almost all the time.

These two processes function, sometimes independent of each other as well as sometimes dependent on each other i.e. influencing each other e.g. think of peace and that leads to visualizations related to the same. Visualize an unpleasant scene of anger and hatred, and your thoughts are led in that direction. Sometimes these two processes function at the same time and sometimes one at a time. Sometimes neither functions at all, which happens much more frequently while sleeping as compared to when we are awake. **This subtle, physically invisible role play is the foundation of the physical role play of words and actions that is visible to the self and everyone else around you.**

(To be continued tomorrow ...)

## Message for the day

### Awareness of my own resources enables me to experience quick progress.

**Projection:** I usually look for excuses for my lack of progress. I either compare with others or curse my own lack of resources and stop putting in effort. So although I can do a lot I don't experience as much progress as I should.

**Solution:** To make as much progress as I want to is in my hands. For this I need to recognize the resources I have and put them to the best use. When I am busy with that I am able to move forward quickly.

### Methods of self-progress brings harmony with people.

It is normally believed that people who spend time with meditation or prayer or any means of self-progress tend to cut off from others. In reality, it is just the opposite. Someone who really works for self-progress would want to contribute from what he has, to others too. Also, it would bring the ability to deal with others in the right way, bringing harmony. Today I will spend a few minutes with one thought "I am peace", spreading peace to the place and the people around me. I will remind myself of this from time to time. I will then observe my interaction with others. A small little change that I observe is enough to encourage me to continue with my efforts.