



The Eruption of Reventador Volcano, Ecuador

### **Anger**

To be controlled by anger is to repress the soul's original qualities of tolerance and love.

### **Thoughts**

Thoughts are the seeds that create our destiny. If there is the same thought as before, there is no newness and there cannot be anything new attained. If things have to change, effort needs to be put in at the level of the thought first. Such thoughts will naturally inspire and motivate to make the best use of the available resources. When I begin to create new elevated thoughts in challenging times, I am able to be happy and peaceful. I don't have questions related to the situations but I am able to find the solutions in my mind. This inner peace naturally creates a peaceful environment around me.

## Important Understandings On Reincarnation

1. The soul has a separate identity from any of the bodies it adopts.
2. The various lives or births of a soul are like different episodes of a television serial, all different, yet connected with each other.
3. The human soul does not take a birth/body of any animal species, just as a lemon seed does not grow into a mango tree. The human soul always takes a human body e.g. if the soul of a cow was to take the birth of a human, wouldn't it carry *sanskars* of performing all actions like a cow into its human birth - how would it then function through the human body.
4. The cycle of action and reaction is never-ending. The soul must continue to play its entire role until all it has received the fruits for all its actions. This may require more than one body.

(To be continued tomorrow ...)

## Soul Sustenance

### The Energy Of Faith

What we believe becomes reality. It has been said that faith can move mountains. The highest mountains are our negative thoughts, feelings and ideas, which block our capacity to rise beyond our limits.

**Faith is the energy of understanding that enables us to realize anything is possible even if it is not visible in front of our eyes.**

**The success that comes from faith is closely linked with 'letting go'.** It is only when we let go of what we are used to, or what we have learnt to depend on, that new perceptions and new possibilities will present themselves to us. All that is needed are a few basic facts and then we can take action. When we drive a car, do we insist on knowing how the engine works in detail before driving it? Do we know the mechanical details of a lift before we use it? Most people are only aware of the basic functions and this

is all they need to carry out the action. However, they do have the faith that the car has been correctly constructed to do its job safely and that by pressing a few buttons the lift will raise them to wherever it is they want to go. In the modern life-style, there is a tendency to over-think, to want to control and direct every outcome, but such a life lacks spontaneity and simplicity.

Although we do need a framework, it must be flexible enough to allow space for the unexpected, the unpredictable and the great surprise. Such a space is the window through which the light of innovation can enter. When life is over-planned, we become cemented in, unable to grow, or flow, into new horizons. Faith allows us to realize that optimum results can happen without always having to structure or plan. Such faith is the basis for new vision and allows us to reach beyond our limits; because we believe we are more than what meets the eye. Such faith is the inspirational energy of every pioneer in whatever field.

### **Message for the day**

**To recognise one's own fortune is to be constantly happy.**

**Expression:** When there is an awareness of one's own fortune, there are no expectations from people and situations. Due to this I am able to recognise and use my own resources for my own benefit and also for the benefit of others. One's happiness also spreads out to the others and they too become happy.

**Experience:** When I recognise constantly my own fortune, I am able to make the best use of it. I constantly remain content and am able to move forward with happiness. I never become upset with the various unexpected situations that come my way, but am able to see them as test papers that will help me move on to the next step. So I never get tired of continuing to put in effort.