



## The 3 Cs

Let go of the habits of  
**criticizing, comparing and complaining**  
about others. (Even if it's only in your mind!)

Become free from the stress and distress these 3 Cs create.

## Patience brings contentment.

When I am patient with life's situations and people, I am able to appreciate the beauty of everything that is happening in my life. I am not caught up with the future, but am able to enjoy this moment and use it well. This automatically brings contentment in my life, without making me lazy. Today I will make patience my companion. When anything happens that I don't like, I just have to remind myself that I need to enjoy this moment and work to make my future better. I need not worry about what will happen or have fear of it.

## Understanding The Identity Of The Supreme

It's not too difficult to understand that out of all the billions of souls, there is One who could be designated as the Supreme (God), because of His perfect love, total truth and absolute beauty. It is reasonable to accept that such an unlimited being is never born from a mother's womb nor undergoes the experience of death. He never passes through the stages of growing up nor gets involved in specific relationships with individuals. **Just as every human soul has a mind, intellect and a specific set of *sanskars* that determine each one's individuality, the Supreme would also be made up of these three energies - each functioning at their most perfect levels.** Because He remains beyond the play of things in the physical world, the power and sharpness of these basic capabilities never decrease. His original qualities are neither lost nor reduced. Before coming here from the soul world, we also had qualities similar to those of the Supreme but not to the same unlimited extent.

If we identify ourselves totally with the physical body, the idea that God created human beings in His image may have led us to believe that the human form is God's image. Perhaps that is how we created the figure of an old white-bearded man (as God) sitting up in the heavens, controlling, rewarding and punishing humans as well as nature as He found fit. The contradiction is that such a God appears to have been created in our image, with both our best virtues and our worst defects.

## Soul Sustenance

### The Faculties (Energies) Of The Soul

When the soul is in the body it functions through three faculties (non-physical entities). Although each faculty (entity) can be given a different name, it is actually the same energy, the soul, functioning on three different levels simultaneously. These are the **mind**, the **intellect** and the **sanskaras**.

**Mind** is the thinking energy of the soul. It is the mind that imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. It is through this faculty that, in an instant, thoughts can be projected to a far off place (one can travel to a far off place on the thought level); past experiences and emotions can be relived or even the future anticipated in less than a second. It is the mind that experiences the variations of moods. The mind is an energy of the non-physical soul, not to be confused with the heart or even the brain.

The **intellect** is used to assess thoughts. This is the faculty (energy) of the soul used for understanding and decision-making which stands out as the most crucial faculty of the three. With the deepening and broadening of the intellect, clear understanding and realization of knowledge becomes natural, and the power to decide and reason becomes clear. It is the intellect which remembers, discriminates, judges and exercises its power in the form of will-power.

**Sanskaras** is a Hindi word which best describes what we could call *impressions*. They are the record of all the soul's past experiences and actions. *Sanskaras* can take the forms of habits, talents, nature, personality traits, beliefs, values or instincts. Every action performed by a soul either creates a *sanskar* (this is how a habit begins) or reinforces an old one. Whatever impression is etched in the soul remains within the soul, forming a complete collection of all the experiences that the soul has had. When we speak of defects, specialties or virtues we are referring to the *sanskaras*. The *sanskaras* are the basis of the soul's individuality.

## Message for the day

**The one who is full of love is the one who is always happy.**

**Expression:** When you are constantly having love for everyone, you'll have no negativity. Your unselfish love will make you have only positive thoughts and you'll find yourself in constant happiness.

**Experience:** Start your day with thinking of all the people you come into contact with. Then take a thought in your mind that you have love for all of them. This thought will help you throughout the day. You'll find yourself accepting others as they are and having good wishes for them.