



Role Play

Shakespeare was absolutely right - all the world's a stage and you are on it! It means we all have many roles to play. That means never identify with your role, or you will get very stuck and very stressed. You are not what you do. Your job, position, vocation are just roles. Play the role, never think you are the role - this is the art of making life creative and fun. All great actors dislike being typecast and seen to be good for one particular type of character or role. There is no role you cannot play, if you really want to play it. Which is the same as saying there is nothing you cannot do, if you really want to do it, nothing you cannot be, if you really want to be it. You can even be a Queen or King. You may not have a throne or a court of advisors, but you can create and express all the qualities and behaviours of a 'royal' character - dignity, respect, humility, caring...and many more. Be a 'royal', sit on your inner throne with dignity and self respect, and you will see many other royal qualities emerge through your character. And then...you will feel royal.

Being a Master and a Child

Free yourself from forcing, expecting or wanting someone to receive what you think they should take - it could be your idea, opinion, or an opportunity you think they should accept - you can't make anyone take anything. Offer humbly. Offer gently. Offer as if you are a master, and then let go, and retire like a shy child. When you can dance the dance between being master and child, you'll be surprised how much more others will accept what you have to say, and how much more they appreciate your offerings

Beginning Your Spiritual Journey With Acceptance

Sometimes, in order to get a desired result from a process, we need to let go of our resistance and trust the process initially. In order to restore our personal relationship with the Supreme Father or God, we need to let go of our old beliefs temporarily and trust the path or process of spirituality.

Given below are some facts of spirituality, which if accepted initially, will help you experience the Supreme Being easily:

- 1. Accept that the soul and the Supreme Soul are separate energies** with the same form. They are both points of spiritual light, extremely small in size but with immense amount of capabilities, virtues and powers; the Supreme Soul, having more of them than the souls.
- 2. Accept that we must be proactive in building our relationship with the Supreme** (and not depend only on Him) and also be aware, that like any worldly relationship, this one also takes a little time to develop.
- 3. Accept that the re-establishment of the loving connection with the Supreme requires the letting go of, not the material world of objects and people, but our attachment to them.**

In tomorrow's message, we shall explain some more facts.

Soul Sustenance

Positive Thinking

Given below are some examples of simple positive affirmations (thoughts) that you can make about oneself, others, real life situations and the future, which will help you in becoming a positive thinker.

The self: I do like myself; I accept my weaknesses; I understand myself; I have special skills and qualities; I value myself; I believe in myself; I am lovable.

Others: I accept others as they are; I look for the best in others; there is something good in everyone I meet; I appreciate others.

A real life situation: I am capable of handling the situation; I have all I need; I am fortunate; there is a bright side to everything; nothing lasts forever.

The future: I look forward to each day; every difficult situation is an opportunity/challenge in disguise; each day brings something new and beautiful, something to learn.

Message for the Day

The one who transforms oneself is the one who is victorious.

Projection: When in a discussion or debate with someone, we usually want to have the last word. We want the others to understand us. When we succeed in this we feel we are a winner. But we find that neither is the other person satisfied with us nor are we able to learn anything new.

Solution: In order to be a winner in all situations, we need to pay special attention to keep learning from each situation. We need to see in what aspect we can bring about transformation in ourselves instead of trying to prove ourselves right. This will make us truly victorious.

