



## Opportunity

To welcome an enemy is to take the opportunity to expand my heart.

## Live each moment

The theatre of life has its own script. Each instant is unique. Live each moment as if it were the most important of all. You will enjoy and feel peace. Discover your spirit and the treasure within. Your spirit is full of peace. Your spirit is peace.

### Crossing Negative Circumstances Or Situations (cont.)

In order to have a wider perception and not to drown in any negative situation i.e. not to get affected by it, you can position yourself in a positive way. **Instead of losing respect for the self and developing a negative consciousness, if you make your consciousness positive and stabilize yourself in respect towards yourself, in maintaining your positive and powerful self-esteem and a healthy distance (not necessarily physical distance, but rather by not letting the situation absorb you), you will be able to have an eagle's vision. From above, everything looks smaller. It is easier to get over something small.** You can. "I am a victorious soul" or "I am a destroyer of obstacles" are examples of positive consciousness.

Whatever happens, it is important to always be aware that you create your thoughts and you allow the situations to have greater or lesser impact inside you, according to how you see them. **Learn to create thoughts full of courage, trust and determination.** Spirituality and the practice of meditation helps you do just that. **Those thoughts, charged with positive energy, will help you to allow each situation to pass; to really overcome it and leave it behind; for it not to remain alive in your thoughts or in your memory.**

With the power of a mind that creates thoughts full of good energy, wherever you go, you will create a pleasant atmosphere. Your vibrations will create spaces full of beauty, love, trust and peacefulness; spaces where all those who enter will remove their masks and will connect again with their true self.

## Soul Sustenance

### The Four Pillars Of A Spiritual Lifestyle - Achieving A Balance

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.

## Message for the day

### The right kind of support makes people independent.

**Projection:** When we provide help and support to others, sometimes we find that they become dependent on us. They continue to expect the same kind of support that They had got from us before, when we are not in a position to give. Then our good gesture becomes a bondage or difficulty for me.

**Solution:** When we are providing help to someone, we need to check the kind of help that we are providing. True help is to provide assistance in such a way that slowly the person learns to rely on his own resources and becomes independent. Then there will be no expectations from us.