



Virunga Volcanoes

Confusion

If there is turmoil internally, then my view of things outside will be confused.

Royal Manners

When we learn the value of our own time, we give natural regard to the time of others. Promptness reveals royal manners, and punctuality is the practice of princes. With masterly understanding of time, we can lovingly show tolerance to young people who have only had a little time, and patience to older ones whose bodies have served them a long time. We can learn such patience and tolerance from the example of God, our own father.

Self Mastery

I sit down quietly, feeling calm and relaxed, breathing in and out deeply... distancing my mind from all tensions and worries, remaining free and at peace. All those thoughts that come into my mind at the moment and are not important, I simply let them pass by... I am the creator of my own thoughts...

I think about the power of the will. Originally, I was a being free to choose what I wanted, to decide when I wanted it, without influences... Now, I return to that original state, to that inner source of deep peace, self-confidence and power... Now there is a natural intuition and knowledge of what is right. I realize this is what makes me free...

I feel relaxed and carefully observe my personality... my character and the life I lead... Am I who I want to be? Does my character correspond to my ideals? Do I lead the life I want to lead?

Am I independent? The power to free myself is to be found in my inner self... the capacity to feel like an autonomous being, with a free mind, as peaceful as I desire, as positive as I want it to be. And my feelings are in harmony, free of restrictions, free of influences...

The power of thoughts is so great, if I think I can do something the power will be there to do it. If I choose to think positively, I can think positively. If I want to relax my body, I can do it. If I want to be emotionally free, and still be in the world without bowing down to others, I can... This mastery over the self will bring me true freedom...

I ask myself over and over again: Am I free? ... Free to create the thoughts, and feelings I want to create, when I want to, as often as I want to, for as long as I want to...

I am the creator of my own world, of everything I think and do...

Soul Sustenance

Are You Directing Your Inner Orchestra Well (Part 2)?

You can direct your orchestra well, which means that you can:

- Achieve what you want.
- Reach where you want.
- Be who you are.
- Stop being who you are not.
- Feel what you want to feel.
- Stop feeling what you do not want to feel.
- Be. You can be in your space.
- Do. You can do what gives meaning to your life.
- You can stop doing what lowers you, is ordinary and you do not want to do.
- You can reach excellence by crossing inner mental barriers.
- Let go of that which you have clung on to.
- Free yourself and fly.

If you believe that you can, you can. You have to harmonize your inner voices. Listen to those that allow you power, strengthen you and accompany you. Silence the voices that suppress you, judge you badly and limit you.

Message for the day

To be an inspiration to many is to be a hero actor.

Projection: When we see negativity in others, we usually think and speak about it. We then take no inspiration to think and act positive. The more the attention is drawn towards negativity, our actions will become negative too.

Solution: Whatever the situation we are in, we need to make effort to change our own actions and turn them to positive. We will then be free from looking at the negativity in others. And our actions will become an inspiration to those around us, which will inspire them to become positive too.