



### **Discovering Spirituality**

Contentment is a great strength. It comes when a person lives in honesty and simplicity. Contentment means we have overcome useless desires. It is said that you can discern a person's truth from their level of contentment.

## **Become your own best friend**

Positivity means there is no waste. It is through this practice that energy is actually created rather than lost. Negativity drains the power of the soul, making it completely empty within. The result of this emptiness is sorrow and anxiety. Why would someone hurt another, commit suicide, kill someone? It is because there is a lot of sorrow within. When someone is thinking very negatively they create fear in others. Some think negatively and create fear in their own selves. You have a choice; to become your own best friend or to become your own worst enemy. Look after your minds well, pay attention to it and you will become your own friend.

### **Fulfilling The Criteria Of Positivity**

What is the best way to define **positivity**? What, for you, is a **positive** thought, word or action? **We could define positivity as something which leads me as well as others towards to a state of truth. A state of truth for me as well as any and every soul is a state in which it is an embodiment of the virtues of peace, love, joy, purity and power i.e. a state in which these virtues exist inside the soul to the fullest extent.**

As a result, in this state of truth everything that flows out of the soul or everything that it radiates or every thought, feeling, word or action that it creates, speaks or performs, is filled with these qualities. This state of truth is the original state of every soul. All these qualities are connected with each other. One quality attracts the remaining qualities towards itself automatically.

**So, when I, through any medium, bring myself and others, whom I interact with, close to this state, to whatever extent, then that is positivity.** If my thought, word or action takes me and others away from this state of truth, then that is the opposite i.e. negativity. Negativity hides

my truth, and causes me to take incorrect steps during the day, without realizing, hurting myself and others yet not knowing how or why. At the level of non-physical spiritual vibrations, we are all connected with each other, as a result of which **if I help others to come close to the experience of truth, truth as defined above, I will also help myself: whereas if I bring others down into a state of falsehood that will also bring me down.**

Whenever I give another soul an experience of any of these virtues, the virtue first flows through me and then touches the other. As a result there is an increase in the virtue inside me first and then the other is benefitted.

In the entire day, my words and actions may be numbered, but my thoughts are in thousands. My mind works, even when I sleep, even though I am not active physically at that time. The quality of my thoughts at that time is largely influenced by the quality of my thoughts, words and actions during the day. So I need to be aware throughout the day as to how much is each thought, word and action of mine fulfilling the criteria of positivity mentioned above.

**The more my thoughts, words and actions do so; the result is an increase in an experience of inner and outer lightness in the self and a similar experience from me to those who come into my contact or whom I interact with.**

## **Soul Sustenance**

### **Symptoms Of Stress**

When we feel stressed we experience certain physiological (related to the body) and psychological (related to the mind) symptoms, whose importance we may not fully understand. These are normal signs that we should re-check our priorities – our body, or our state of mind, is telling us that something in our lives needs to change. Listed here are some of the common signs:

1. **Loneliness** – We may feel isolated (lonely) from friends and family, or experience a lasting sense of being "lonely in a crowd".
2. **Insecurity** – We may suddenly feel shy or exposed around people with whom we are usually filled with confidence. Or we may believe that we are always being judged or criticized.
3. **Loss of concentration and memory** – We may find it hard to recall recent conversations or promises. We may often feel confused, so that understanding and remembering information could also be very difficult.
4. **Fatigue (Tiredness) and sleeping difficulties** – Although we may feel constantly tired, we could also find it impossible to get to sleep.
5. **Tears and mood swings** – One of the most common symptoms is that we cry easily. We may also experience mood swings – joyousness followed by sadness or vice versa.

### **Message for the day**

**The method to overcome fear is to keep giving power to others.**

**Projection:** In difficult situations, the first reaction is that of fear- of the consequences, of one's own power to face the situation. With this comes the expectation that others should understand and help.

**Solution:** We need to take a thought to continue to give others even in difficult situations. Then, we will be able to overcome our fear. Since our mind is busy giving others we will be free from any negative thoughts and thus we will be stable.