



**Poverty is not being without money, but being without hope.**

## **Simplicity**

When there is internal simplicity, we are able to give our best to everything we do. Our thoughts, words and actions are filled with power. We become a source of inspiration to those around us and they take something from us for their own benefit. Let me have one simple thought for myself, 'whatever I do, people are going to do the same. So with the help of this thought we can bring elevatedness in our actions and words too. We then understand that like an actor on stage we need to have natural attention on what we speak and what we do.

## **Understanding And Overcoming Repetitive Thoughts**

Repetitive thoughts are mental dependences that arise due to a badly channeled imagination, false beliefs or mental weakness. For example, this happens when the pattern of negative repetitive thoughts makes us experience continuous feelings of guilt. Or we think, almost obsessively and continuously, that someone wants to hurt us or are after us. Or we create continuous thoughts of jealousy, hatred and violence with regards to another individual. They are negative and self-destructive habits. We fall into repetitive thoughts, which make us live in constant unhappiness.

We spend a lot of time during the day with these types of unnecessary thoughts. They are leaks of energy that weaken us. We have created the habit of thinking like that and, therefore, it is in our hands to learn to change it. We can free ourselves of these dependencies and the result is to be freer, mentally, of negative and repetitive thoughts, which are like a constant hammering. It is a question of learning to control what we think, thinking positively and in a focused manner, meditating and exercising the mind. We exercise to keep the body healthy and strong; in order to have a healthy and strong mind we have to learn exercises like meditation and relaxation that help us to free ourselves from repetitive thoughts which are nothing but bad positions or postures of the mind.

## Soul Sustenance

### Meditation To Experience My Inner Beauty

**Experience the following thoughts one after the other:**

I sit in a relaxed position, I am comfortable...

I let my body relax, keeping my back straight, my legs supported comfortably on the floor, I breathe deeply...

Now I begin to carefully observe my mind...

What kinds of thoughts arise in my mind? Are they positive, negative? How are they moving? Slow, fast...

I carefully observe my mind and remember that I can choose my thoughts...

Consciously, I begin to redirect my thoughts...

I create positive thoughts about myself...

I think about my good qualities, I identify a specific quality that is special to me and which I feel makes me a unique being...

Perhaps the quality is being tolerant, sweet, patient or affectionate...

I create a space in my inner self to discover my best quality, and for a few moments I think about it...

In my mind I see the beauty of this quality and observe how I feel...

I am sweet, I am kind, and as I experience these special qualities, I begin to feel better about myself...

Now I imagine using this quality in my interactions with others. How do I feel when I express and put this quality into practice?

Using a quality makes me grow, at the same time the good feelings I have about myself as a unique human being also makes me grow...

I enjoy these feelings for a few moments and little by little, breathing deeply, I am aware that I am here; I express my inner beauty...

### Message for the day

**The one who experiences freedom in the mind is the one who can bring benefit to others.**

**Projection:** There is usually the feeling that there is not enough time for the self. And so there is no time to spare for others too. The more we think about ourselves only, we don't seem to be able to be free for anyone else. Then we find our days just pass by without being able to bring any benefit to others or ourselves.

**Solution:** Instead of taking out time separately for bringing benefit to others, we only need to see how we can help others wherever we are. We would be able to do this only when we are free from the weaknesses in our own mind. This will help us to be available to everyone around. If we are mentally preoccupied with our own weaknesses we will not be able to free to bring benefit to anyone.