



Caribbean meets the Atlantic in the Bahamas...

## **Acceptance**

Love is the ocean which accepts all manner of rivers without  
questioning their origin

## **Need and Greed**

We do not realize that we are more than the limits we repeatedly place on ourselves. What is it that limits and overshadows us? The prayers and the requests of the human race for many centuries - with 'I need', 'I want' and 'I own', people place value on the self by relating to the material, external aspects of their lives. However, this does not work and when people insist on behaving in this way (that is, relating to the outside), then addictive attachments are created. They try to fill themselves, but exactly the opposite happens: the self becomes more and more empty. Unfortunately, the mechanism of need and greed functions in this way: first, there is the illusion of gain and secondly, when this is not realised, depletion (emptiness), instead of enrichment (filling up), occurs. Whatever the addiction is, no matter how camouflaged (hidden) it may be, it quietly but surely, ruins the person. It is a silent illness that only meditation can cure.

## **Positive Thinking**

What Stops You from Being Positive?

There are many reasons that make it difficult to produce and hold on to positivity in your mind and attitude. The external information we receive is mainly negative, and our thoughts and conversations are based on this information. Other causes include:

- \* Other people's negativity rubbing off on you; Other people's criticisms influencing you;
- \* Self-doubt;
- \* Lacking clear objectives in life;
- \* Not having recognized your true qualities, virtues and values;
- \* Lacking self-confidence;
- \* Not believing you are a positive person;
- \* Keeping the past in your mind;
- \* Being egoistic;
- \* Comparing yourself with others;
- \* Having low self-esteem;
- \* Being frustrated or irritated;
- \* Lacking flexibility or tolerance with people or situations, etc.

## Soul Sustenance

### Experiencing the Stage of Being a Detached Observer

**Experience the stage of being a detached observer by gradually creating the following thoughts:**

I am aware of the present moment and of time... The whole world is out there... I let go for a moment of what is happening around me... It is as if the world continues to turn, but I have stopped for a few minutes and turned into an observer... Mentally, I take a step back... I look around me as if I were in the inside of a room... the room of my mind... In this place, I can be with myself... at peace... calm... free... Here I do not have pressures, or worries, or fears... Nothing and nobody can influence me... I can think... see things as they really are...

I am sitting like an observer, seeing through two windows... These windows are my eyes... I am not my eyes... I am aware of who is looking through these eyes, a tiny sparkling star like energy, the soul... I am different from everything I am seeing... I perceive that separation between the observer and the observed... I observe the things that surround me without judging, without analyzing... I simply observe, remaining at peace with myself...

I see this world as a stage of a great unlimited theatre play... each human being is an actor, a soul playing their own role via their physical body... I simply observe from my inner room... things come and go... nothing is permanent... I do not need to worry about anything or anybody... I let things be... flow... I am at peace... calmed... I share this vibration of peace with all that surrounds me.

## Message for the day

**The one who teaches others never makes time his teacher.**

**Projection:** When the situation demands or forces us to change, we can usually bring about a change. But rarely do we find ourselves changing before time and being ready for the situations that are to come. So, we face a lot of difficulty during the time we are facing a problem.

**Solution:** We need to have the simple aim to keep learning from everything that happens. With this aim we will be able to learn and be ready even before time forces us to change. Then we will be able to give the right direction to others, too, at the right time.