



Giving

With habits, never give in or we lose our dignity. With the self, never give up or we lose our destiny. With others never give your worst or you will never develop your best. The saying, "What we give us what we receive".
The lesson: Just to give.

Being An Observer And An Actor - Maintaining The Balance

In relation to the other, we have the possibility of observing and intervening (interfering) when we wish to; that is, maintaining the balance between being an observer and acting; playing between forming part of the audience and being the actor.

On being actors, sometimes we can lose ourselves in the acting of the other in his or her or their dramas; we get in so deep with what is happening to the other that we lose distance. We get mentally and emotionally involved in the other's stories. When our awareness gets lost in those stories, we stop being the creators of our own life and of our own story. This habit exhausts us; we lose energy; we lose our concentration and control over our thoughts and our emotions. We lose our inner peace and we begin to look for it again.

We can choose to observe the dance of ideas, images and acts of others, and not get involved in their complications. Only thus will we be at peace with ourselves and with the world. Remember that you create your own story. If you want to live in peace and exercise a positive influence on the people around you, don't try to control or to change the stories of others.

In order to enjoy a painting you do not poke your nose onto it; you remain at a certain distance so you see it with greater clarity. The same thing occurs with the painting of life. By learning the art of being a detached observer and then intervening, of keeping a healthy distance, we manage to be connected with what is essential without losing ourselves in the waste and superfluous (excessive).

That way, our intervention does not arise out of a reaction which has shades of frustration, anger and negative judgments. We are then the creators of spaces of trust and love in relationships.

Soul Sustenance

To Complement And Not To Compete (Part 1)

Harmony, well-being and the fulfillment of individual purpose are only possible when our **consciousness is universal or inclusive (taking everyone into consideration) in the sense that we can recognize and appreciate the purpose and necessity of all things in life** and, therefore, give them the space to express their basic right to be.

When people, either on an individual or collective level are no longer universal or they are **exclusive** (no longer taking everyone into consideration), that is, when the foundation of their identity is based on ego and superiority, then harmony, peace and certainly love are lost both in the individual and in society.

Individuals, societies, nations, religions and politics all do not remain universal when they are gifted a particular specialty, talent or position. While it is healthy and necessary to value **who you are, it becomes most unhealthy and violent to become attached to your special qualities, making others feel inferior because they do not possess those same qualities.**

The reason for conflict, on any level, is nearly always this sense of right to dominate or suppress others because we feel we are better in one way or another. Unfortunately, in modern society, the idea of outdoing others in order to prove the value of the person, or idea, has overtaken the basic principle of life, which is **complementarity**. When we learn to **complement** rather than **compete**, there will be peace and, above all, self-respect. Self-respect means to recognize myself as I am and thus fulfill my purpose without injury to, or comparison with, others.

(To be continued tomorrow ...)

Message for the day

To understand the power of positivity is to finish negativity.

Expression: All it takes to finish darkness is a little light. What is real is light and what needs to go away is darkness. In the same way, negativity is nothing but a lack of positivity. The one who is able to use positivity in situations, is able to finish negativity very naturally. There is a very powerful influence of this inner positivity, where no negativity of the self or the others remain.

Experience: When I am able to enable myself to use the power of positivity, I experience myself to be free from the influence of negativity. I am powerful in all situations, and deal with them with great ease. Others or situations don't have an influence on me. Instead I am able to influence others with my own commitment to positivity.

Master of Myself

To be a master is to create positive thoughts under all circumstances. The one who is the master of himself creates the right kind of thoughts according to the circumstance. He is not dependent on situations or people for the right kind of response. Since there is mastery over thoughts, there is also mastery over all words spoken and everything done. When I am able to be a master of myself, I am able to constantly create positive thoughts. I am in touch with the inner resources and I am able to make use of these resources in a timely way. I never get confused or pressurized with outside situations, but am able to be in control in all situations.