



Create Vision

Never believe anyone who says we cannot change. Vision is one of the secrets of personal transformation. We are all artists, our mind is the arena of creation and vision is what we are constantly creating. What is your vision of yourself today - patient, relaxed, positive or tense, tight and negative? What do you prefer? So be creative - what does patience look like, feel like, what are you doing that is different when you are patient and you are expressing your power towait? Always start with vision not action. See it and you will be it. Be it and you will do it. This is how we create our own life. relax7

The Search For Happiness And A Beautiful Relationship

Throughout history, human beings have desired and searched for two things, happiness and a perfect loveful and beautiful relationship. It is interesting to realize that you cannot search for what, you have not already had or known. In other words, we search for these two things because inside us we have a deep subconscious memory of the original, perfect and eternal relationship with our Friend, Guide and Parent, the One remembered as God, Allah, Ishwar, etc. It is only when we restore our relationship with this Being is that we can experience true happiness or bliss. Bliss is the highest form of spiritual happiness we can experience. It is experienced only when we are free of all attachment, when we no longer identify wrongly with anything physical and when our inner mental state is not dependent on anything or anyone.

At its highest level and in its purest state, our relationship with God is non-dependent and unconditional, and therefore blissful. Deep within the soul, there is a memory of the bliss of this perfect union and it is this memory that inspires us to search for the perfect relationship, for the perfect happiness. However, instead of seeking it at the spiritual level, we seek at the level of personality and body. We search in those around us for the perfect partner - our soul mate. It is not incorrect to have worldly relationships, but there needs to be a deep realization inside each one of us that our true soul mate, is the One with whom we can have an ever-lasting, eternal relationship, the One with whom we have the deepest eternal bond (over a period of many births), the One from whom we will experience everlasting, eternal, unconditional attainments.

Soul Sustenance

Stepping Inside ... (cont.)

When we learn to become silent we become more compassionate (generous) in our outlook and start accepting others for who they are.

The more we are able to accept, the sooner we find that there is harmony (peacefulness) in our relationships. We start saving energy, sparing or reducing our thoughts and our words. This is accompanied by more patience, tolerance, flexibility, easiness and lightness. Silence teaches us the art of living. Silence can be misused to isolate oneself and go into loneliness, but **true, positive silence gives us a balance between our inner and outer worlds.** Having explored our inner self we collect our positive energy, become aware of our qualities, and then very naturally these are expressed externally. **We move our concentration to the inner self and then to the external world. Then we go inwards again. It is a circular movement.** As we go into silence, we recharge our inner energies, become one with the self, heal our self, relax and release our self from negativity. There are so many benefits by simply stepping inside to meet our true self. As we draw out our internal riches and resources, what do we do with them? We share them and give them out and in doing this we receive and we learn.

Message for the day

Knowledge and faith bring the ability to be positive

Projection: Whenever things don't happen according to what we expect we begin to look at everything negatively. We are caught up with the negativity to such an extent that we are not able to find anything that might be positive in it.

Solution: We need to understand and develop the faith that behind everything seemingly negative there is something positive. It is up to us whether we want to see positive in negative or negative in positive and be influenced accordingly.

Anger

Anger can be likened to a bull in a china shop. In the process of expressing its own truth, it destroys all the goodness that may still be around. Then the question arises: would it have been better to live with the minor untruth than to cause such extensive damage?

Anger is a vice which, in its gross form, will directly and instantly cause great harm to the self and others.

Sometimes we use the vice of anger for the sake of truth or what we believe to be right. We use it to justify the fact that someone else has lied or stolen or worse. However, anger in itself is wrong and thus it can never be justified. Two wrongs do not make a right. And someone else's wrong does not give me the permission to commit an even greater violence.

Anger will finish only when we begin to understand the real damage it causes.

