



Downton Abbey

Love Work

You always have a choice but you forget that you have it. Do you remember the energy and enthusiasm you had on the first day of your first job? You consciously chose to do the work you had gladly accepted to do. But then you gradually fell asleep to the choice you made, and the day became "I have to" go to work, instead of "I want to" go to work. You forgot to see all the opportunities which come with work - opportunities like learning, nourishing and being nourished by others, developing new relationships, expanding your personal capacity. Instead you decided it was just something that you had to do to 'get the money'. This is why most people are sleep-walking through their lives, and they don't know it. The solution, choose your work every day, put the energy of love into your relationships...every day, even if you don't particularly like your job or the people around you. And you'll be amazed at how your life transforms. When you choose to put love into what you do, the universe will move heaven and hell to let you do what you love.

relax7

Unloading Your Pressure Baggage (cont.)

Sometimes the pressure we are carrying is related to the situation we are in, sometimes we even carry a pressure of one situation in another situation i.e. it is unrelated pressure. All this continues throughout the day, day after day. What all this pressure does is increase the quantity of thoughts that we carry in our mind, which in turn reduces our efficiency and discriminating and judging power. The words and actions coming out from such a state of mind are improper and lacking in power, conviction and clarity. **To ensure that we do not carry pressure baggage on our emotional back, as per our pressure equation** (shared in the first message of this series), **we need to change the incorrect beliefs that we carry, which are the root cause of our pressure and at the same time increase our ability to bear the different life forces.** We carry thoughts that are determined by our belief of what success is and what failure is, what winning is and what losing is. Although we perceive such beliefs to be true, they are not true; they are like a facade that influence our perception of reality and generate in us feelings of pressure. The truth, on the other hand, is deeper than beliefs.

While meditation will serve as an important tool to increase our inner power to tolerate or resist life forces; spiritual knowledge, understanding and wisdom will serve as an immensely important tool which will help us in correcting our beliefs. So in times of pressure, stopping yourself for a minute and assessing your thoughts, then going backwards, and **checking** the beliefs which are the root cause of the thoughts at that particular moment and then **changing** them requires strength and clarity, which we will obtain through the medium of spiritual wisdom. Once the beliefs are corrected, the thought patterns will change. Thoughts like - * Maybe I won't arrive on time, * If I don't finish this assignment successfully, I will lose my next promotion, * If I lose my money in this financial investment, my family will stop appreciating me etc. which we create all the time - will be replaced by more positive thoughts of security, fearlessness, patience, peace, faith, determination, certainty etc.

Soul Sustenance

Overcoming Frustration In Relationships

There are two things in life that we can never change:

- **the past and**
- **other people**

This often brings us one frustration after the other, especially when we do not get the results that we want. **Frustration is also a sign of failure, and every time that you fail in getting what you want from the other, your self-esteem and self-confidence are reduced.**

Frustration is a form of anger. You allow the negative emotion to control you, and therefore you lose control. Most times situations will not be as you want them to be and neither will people behave as you want them to. Therefore, you can decide now if you want to continue allowing the other to dictate your reactions according to how they behave, which results in the loss of your rule, control and personal power, or you can decide that no matter how the other behaves, you rule over your responses; you decide what you want to think and feel.

When another tries to control you and then gets frustrated because you don't do what he or she wants or you aren't who he or she expects you to be, they get in a bad mood with you; they look at you with anger and what do you do? You then place an invisible barrier between you and him or her. In such a way that they cannot 'enter' into your world and you do not leave yours either, they lose their influence over you. In the same way, **when you try to control people you lose your influence over them and distance is generated.**

Message for the day

True service is to serve equally through thoughts, words and actions.

Expression: Whenever I think of serving others, I think of only serving through actions or maybe even through words. I never think of serving through my thoughts too. So sometimes I do find that my service is not complete and doesn't have a true impact.

Experience: Before I can think of helping someone through words or through actions, I need to make sure I have good wishes for them. Only when my feelings for them are full of positive and powerful wishes can my service create its impact on others.

Learn to say "no"

Are you having trouble keeping on top of everything in your life? Is it because you've committed to more than you can handle? The next time a request comes your way - give it a little consideration before deciding whether or not to commit to it.

Double-check your time and energy. And remember, you also won't be doing anyone a favour by promising more than you can deliver, or by accepting social invitations that you're too stressed out to enjoy.

But if the commitment is important to you and high on your priority list - then accept it. If not, then do consider saying "No." Learn to say "no" without feeling guilty. Explain why you are refusing, but try not to be overly apologetic.