



## Brilliance

Each one of us is born brilliant.  
But, a few disappointments here, a few setbacks there  
and POOF! Just like that, our brilliance is clouded over.

It's not necessary to be perfect to step into your brilliance. Striving for  
excellence in everything you do is enough to release your brilliance.

Visualise your brilliance and step into it. See, then be. Inhale, then excel!

## Create an action plan

Is your life filled with good intentions?  
But do you get around to acting on your intentions?  
Or do they just fade away?

Good intentions need to be brought into action quickly.  
So, stop being irresponsible towards your intentions and start taking action!

To turn your intentions into action:  
don't over think, create an action plan and get going.

## At Peace With Time (cont.)

You choose whether, each morning, you want to get up and begin with watching television, reading the newspaper over a cup of tea, or you want to get up and listen to peaceful music, read a couple of pages of spiritual knowledge that inspire you and you begin the day with enthusiasm and by visualizing it positively: today will be a marvelous day, I shall enjoy it ... yes!! Such spiritual practice will give you a feel of time being elastic. In such a consciousness, a minute will seem eternal i.e. time can seem to come to a standstill (if I am surrounded by a positive set of circumstances which are spiritually uplifting) or can seem an instant, i.e. I get a feeling of time passing very fast (if in a negative set of circumstances). Thus, I learn to be a creator of time; living in time without being a slave to it. True freedom lies in being content now. You can be content in the present moment by resolving the inner dialogue that generates stress and conflict in you. When you are content, enjoying yourself and having a good time, you don't realize how time passes. **This means that, if we lived in a state of constant happiness, we wouldn't realize how time passes. Time would be at our service. We would be the rulers and controllers of time and not the other way round.**

## Soul Sustenance

### The Law of Focus and Attention (Part 1)

Wherever we focus our attention is where our thoughts are directed with most frequency and interest. Thus energy is produced in this direction, whether positive and beneficial energy or negative and harmful energy.

If we have a complicated mind, which thinks too much about certain things unnecessarily, our attention may be led towards the obstacles, problems, upsets and the things we worry about from a critical and negative viewpoint. By paying more attention to difficulties and problems, we feed these types of thoughts with our attention, so that we end up attracting these situations towards us. Finally, the problems and obstacles absorb us due to the amount of energy we have invested in them, turning what was perhaps a molehill (something very small) into a mountain.

The situation does not necessarily change immediately on changing our attitude. With this inner change, however, we will have more energy, clarity and determination to face up to and change the situation. When we focus on seeking solutions to problems and difficulties with a positive and enthusiastic attitude, we attract positive energy towards us, and this helps us transform mountains into molehills.

(To be continued tomorrow ...)

### Message for the day

**The method to stay in constant enthusiasm and to keep others enthusiastic is to see specialities in others.**

**Expression:** Many times while I am sincerely working towards my task, I find myself losing my enthusiasm. I also might find people not very happy with me or my work. I do make an attempt to understand their feelings but fail to do so. Such negative responses further reduce my enthusiasm.

**Experience:** I need to develop the art of looking at specialities in people. The more I am able to see their positive qualities, the more I am able to relate to them with that speciality. This encourages the other person further to use that speciality. This will naturally keep me constantly enthusiastic.