



Clean India campaign: PM Modi wields broom, says it is inspired by patriotism not politics

Impact

Make every thought, word and deed such that the impact gives someone courage and zeal and enthusiasm.

The Benefits Of Togetherness Over Isolation

Nowadays, there are more and more people who are choosing to live alone. Perhaps the reason for that are experiences in the past of pain, peacelessness, rejection, disappointment or failure when living together, in a relationship or even more than one relationship. As a result, the preference for living alone sets inside them. Perhaps, it is their alternative search for peace, happiness and success that leads them to make this decision. Also, the belief that if you live alone, you are free and you can do what you want, when you want and without having to explain yourself to anyone. But are we, as human beings, basically by nature, meant to live together or to live alone? **Each human being has the need to belong and provide that feeling to others.** You can belong to a family, a group of friends, a bunch of close school or college students, some office colleagues, a club, a community, a religious group etc. **The mere presence of others; the participation, communication and collaboration with others; the assistance provided to others and received from them and the sharing of positive energy with others in a group; inspires and challenges us and others immensely. The same can happen, if we are staying alone, but to a limited extent.** Greater inner spiritual empowerment takes place inside those who live and work together, not those who distance themselves from others. In a group, we broaden our limits and make our heart bigger when we do things for others that we wouldn't do for ourselves.

Each human being is a source of love for others. It is a basic human nature to love and be loved, which is not possible unless there is some kind of unity or mutual belonging. Distancing or isolating oneself implies an absence of love, neither given or shared, neither received.

Soul Sustenance

The Power of Silence

To enter into the experience of silence is not to be blank of thoughts or with a feeling of inner emptiness. True silence is the silence of the mind in which the generation of wasteful and negative thoughts has stopped and a feeling of quietness, serenity (peacefulness) and harmony is generated. When the mind is calm and becomes peaceful in this way, you develop the capacity to observe and separate yourself from the things that surround you and you see them from another perspective (angle). Silence connects you to the power that can take you beyond the influence of any negative experience and strengthens you to enjoy a positive and full life.

Message for the day

Victory is guaranteed to the ones who are constantly loving.

Projection: The ones who are loving are able to involve others in everything they do with their love. So whatever the task maybe, they find it to be very easy and are able to accomplish the biggest task with ease. Also each task done by them is with love and so everything is done with lightness and so victory is guaranteed.

Solution: When I am loving and do everything with love, I constantly experience lightness, based on the blessings from others. I am carefree as there is no heaviness of the task to be performed. Love transforms labour into entertainment. My internal lightness enables me to do the biggest task with great ease, involving everyone with love.

Mutual Cooperation

When there is a task to be done we usually want to do it all alone. We look for someone who can help us, but we are not really able to create an environment of mutual cooperation. So we find ourselves doing the task all by ourselves and hence find ourselves alone. So we find that even a task which is not so difficult takes a lot of energy and thoughts. We might also end up having negative thoughts when we don't experience the help that we should from others. When we are able to recognize and use each and everyone's specialties for the success of a task, we are able to inspire cooperation in others. This will enable them too to learn the beauty of cooperation. Then there is automatically an environment of learning, where each and everyone make efforts to learn from what the other person has. There is then no negativity due to unfulfilled expectations, but there is absorption of positivity, making us richer.