



### **The Game of Life**

By seeing life as a game, your lightness of spirit will make problems seem easier.

### **Playing the Game**

Sometimes, we take life far too seriously. We forget that life is a game, a play, in which we receive an opportunity to be creative and playful. And each scene invites us to 'play' a different role.

Understanding that we have the capacity to authentically play all the roles, in the right way, at the right moment - allows us to approach life's scenes creatively and effectively.

## **Discover your Spirit**

The theatre of life has its own script. This can be understood as a fixed destiny. Yet each instant is unique because we have the option to live each moment as if it were the most important of all. With this awareness you can enjoy every moment and feel peaceful within. You will discover your spirit and the treasure within. Your spirit is full of peace. Your spirit IS peace.

## **Stress Management**

Worry is triggered by any negative memory of the past. It means, you are suffering, and you are probably under the illusion (false belief) that you are enjoying your suffering. It also means you are not living now. You are missing your own life by living in your worries, which are always in the past and in the future. Your worry habit has trapped you in the past where you get the raw material for your worries, and a non-existent future, where you focus that material, and the result is you miss your life now. All this won't change until you choose to change the worry habits that you have recorded in your consciousness (mind). That will require the removal of the illusion (false belief) that you hold inside that it's good and necessary to worry. It's a waste of time and energy. It means replacing the desire to create images of negative futures with positive responses to what is happening in your life right now. Otherwise your 'worry karma' will keep you in permanent pain (sorrow).

## Soul Sustenance

### Recharging Our Spiritual Battery

Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become scattered, and decisions are filled with doubt. Power is available inside and outside. Inside us we have a spiritual centre, at the center of our consciousness, pure radiant spiritual light. This is what we are. However it is now blocked by our attachments, the record of all our life experiences and many negative beliefs and perceptions (way of looking at situations). Outside us we have the Supreme Soul, the source, the Supreme Being, invisible to our physical eyes but only one second away when we are able to quieten and focus our mind on him. Meditation connects us to both sources of power - that's why meditation is the way to access the real vitamins and the minerals that the soul longs for. Sit quietly and connect your mind to each source and allow yourself to recharge.

### Message for the day

#### Introversion brings out the positivity within.

**Projection:** Every human being has an innate positive nature because of the inherent qualities of love, peace, happiness etc. that are within. Introversion, the practice of looking within, enables one to be in constant touch with oneself and one's true nature. It helps express these qualities in everything that is done. Because of having practiced for a long time with them, these qualities emerge very naturally at the time of need.

**Solution:** The practice of being introverted helps me in experiencing those qualities within me, which otherwise remain hidden during difficult situations. Thus it makes me have true self-respect and enables me to finish my ego. It also gives me the power to recognise and accept my mistakes, thus giving me the courage to work on them successfully.