



### **Free Your Mind**

Does your focus get interrupted by reminders - thoughts that keep popping up into your mind reminding you of this and that? Rather than let thoughts interrupt your focus, deal with them.

Firstly, acknowledge your thoughts. These random, insistent thoughts are reminding you of things that need attention. Note them down on paper, or digitally, as 'things to think or do later.'

Free the mind from being your reminder pad and you'll find you can focus better.

## **Power in thoughts**

We do pay special attention to keep our actions good and worthy. We also have a good amount of attention on our words. But we hardly ever think of our thoughts. When certain thoughts become repetitive they tend to have a hold over us. It is important for me to keep a practice of having positive thoughts. When we have this practice of positivity, there is power in our thoughts. Each and every thought becomes a treasure from which we can draw a lot. Our words and actions, then automatically become powerful too.

## **Freeing Oneself from Hatred (cont.)**

Take a moment to reflect upon the last time that you hated someone. It might be difficult to see that your rage is created by no one but yourself. Although it seems that the behaviour of the other person is responsible for your emotional state, the truth is that the hate is your reaction. Each response that you create might be a conscious choice. You forget that you have the choice because it seems that the hate comes out of your inside in a natural way. In reality, you are allowing yourself to act driven by your automatic pilot, where your subconscious habits, which are based on your beliefs and your perception, influence, shape and control your conscious thoughts and actions. That is the sign of mental and emotional laziness; in that state, your intelligence sleeps and it is impossible to think with clarity and take precise decisions.

It is said, "It is impossible to get angry and to laugh at the same time," Rage and laughter cannot exist side by side and you have the sufficient power to choose either of the two. Each time that you choose to get angry due to the behaviour of another person, you are depriving them of their right to be what they choose.

(To be continued tomorrow ...)

## Soul Sustenance

### The Principle Of Focus and Flow (Part 1)

If we look at the sun and the earth, we appreciate a basic and fundamental law of life, which we as human beings can learn from, that is of great help in the right movement of life. By means of light, the sun gives life to the earth; in addition, the sun is fixed in its position (a symbol of **focus**) to enable the earth (a symbol of **flow**) and all the other planets of our solar system to continue in their rhythmic, harmonious orbit. Otherwise, there would be chaos, upheaval and great damage. The earth on the other hand, constantly moves in repetitive cycles around the sun. This movement allows for changes and expression on the earth, which have a beginning, middle and end. In other words, the phenomenon of time is created as a direct result of the earth's balanced and harmonious cyclic movements. Both the fixed position of the sun and the movement of the earth are necessary for life. The earth has all the potential for life but, without light from a fixed source, there would be no life. In the same way, the sun has the power to give life, but if the moving earth did not hold the potential, even with light, there would be no sustenance of life.

**Tomorrow we shall explain how this fundamental law involving the sun and the earth can be applied to real life (the principle of focus and flow)...**

## Message for the day

### Faith is the key to the best use of one's fortune.

**Expression:** For the one who has faith, in the self and in things, there is only positivity. Under all circumstances, there are only opportunities and treasures seen. Each moment is an inner urge to discover these hidden treasures and make the best use of them. So the one who has faith draws out the best from each and every situation.

**Experience:** When I am able to move forward with faith, I am encouraged to give my best under all circumstances and am able to enjoy the best fruit of the effort that I put in. Faith gives me the courage to go on even during difficult times and so I have the satisfaction of bringing about constant change and progress in my life.