



Developing Good Habits

Develop the habit of getting up early and sitting in silence. Read a peaceful thought and reflect on it. Write down some ideas about this thought. Return to silence, allowing these ideas to take root inside you. Share your ideas with a person close to you. This practice will help you accept and cope with conflicts and difficult situations. It will help you stay happy and peaceful for the rest of the day.

Creating Positive Circumstances

Why do we find it so hard to create positive circumstances, a positive future in our life? One reason is we all have the tendency to spend most of our time in the past, reliving and replaying our memories. Look back on your average day and you may find that more than 3/4ths of your time is spent in the past (a lot of times without you realizing it). Not only do we try to relive the past, but we also attempt to change it! We attempt the impossible and, in so doing, **we live in very small cycles where tomorrow tends to turn out similar to yesterday, and then we wonder why we do not have the power to change our lives. It feels like we do not have the will-power, we do not have the ability to change the circumstances in our lives, our destiny.**

The past cannot be relived; it cannot be changed. The past is like a cupboard of old files. When you arrive at work every day, do you step into such a cupboard and spend the day there? The past is a great resource for learning and sometimes, a resource for useful information, but it is not a place to live. We can build on the old, but we cannot rewrite it. **The future is the result of what we think, feel and do today. If today is the same as yesterday (because of constantly thinking about yesterday) then tomorrow will look and feel like yesterday and in this way we feel we are stuck in a web and we get frustrated.** We need to let go of the past if we want the future to shape up positively, different from yesterday, which is negative at times! The past is past. Drop it and keep dropping it.

To be peaceful you have to see yourself as a peaceful being.

It means to think about being peaceful.

It means that you have to be able to be able to describe it in words.

You must be capable of experiencing the feelings you would have if you reached that peaceful state.

Now believe in it. If you feel it, it's real. Simply work on it and keep it uppermost in your mind. Make it yours and it will become your natural behaviour.

Message for the day

The ones with faith in the self will be able to make their thoughts and actions equal.

Contemplation: When you have faith in yourself you will be able to have a high aim and you will be able to put into action all the thoughts that you have according to your aim. Your plans will then not be limited to thoughts only.

Application: With the firm faith that you are special and unique, start putting into practice all the special thoughts that you get without postponing them. Slowly you will find yourself doing all the things that you think you should be doing.