



Members of a Great Family

Values are related to each other as if they were members of a great family. From peace and happiness emerges inner joy. From this state of wholeness love awakens and with it is the desire to share and give. Two of its relatives are tolerance and respect. All values have a shared origin which unites them - the peace of spirituality. When you lose peace you begin to lose everything.

What Is The Source Of Our Feelings (Part 2)?

The longer I experience thoughts and feelings of a particular variety (explained yesterday), the greater is the soul's inclination to generate those feelings. This can reach the point where feelings take over, and I experience their impact even though they are no longer consciously connected them with my thoughts e.g. my office colleague has done something incorrect without taking my opinion, and there's a series of negative thoughts running through my mind, such as - *Why did she do like this? It shouldn't have happened like this. How dare she! Why on earth didn't she consult me? I do wish she wouldn't be so unreasonable. It would have been much better if the task had been done like that,* etc. Bringing over thoughts of this type in my mind leaves me with a negative feeling – a feeling which is critical, nasty and rejecting.

What is worse, when I have let feelings like this emerge; it is very easy to carry them over into circumstances where they have no relevance e.g. it is the evening time now - I have left my office to go home, and in my mind I am now occupied with thoughts related to my children and groceries that I have to buy to on the way back, but the unpleasant, critical feelings for the colleague are still with me to the extent that they affect my behavior. I react over some minor issue with the grocery store keeper, creating bad feeling in him as well. Or, the other way round, I carry bad feelings due to an argument at home, with my wife, into my office, and then create an atmosphere of irritation in the office instead of comfort and warmth.

To express qualities is to enrich relationships.

Everything that we do throughout the day is for the people around us. Whatever we do, we do it because it is important for someone close to us. Yet, we find that we are not able to express the same through the actions we perform throughout the day. Most times, we don't even have time to give a small little smile or express some words of affection or love. So, we need to make time for expressing our qualities in relationships to enrich and strengthen them. Today I will say something nice to someone close to me, or I will do something nice for them - something that can make them feel special. I will acknowledge the fact that I value this person in my life and all that I am doing is for making them feel special and valued. So, I will try and express this from time to time through my actions.

Message for the day

To have power means to enjoy the variety of life.

Expression: When there is the inner strength there is enthusiasm to give the best and also to learn and improve with every obstacle. To work with inner power is to be like a skilled player whose focus is on enjoying the match too rather than just on winning.

Experience: When I have learned the art of focusing on my strengths, I am able to enjoy the variety scenes that life brings for me. I would enjoy dealing with all these different scenes in a natural and easy way, and also be naturally victorious. And so I have the benefit of double enjoyment.