



Excellence

With the aim of excellence, I bring beauty and quality into each word and action.

Change

Never believe anyone who says you cannot change, or that you should not tamper with your personality. The truth is, you are already changing numerous times every day. And it is never too late to contemplate a change in personality, which simply means changing the way you see and respond to people and the world around you. It is up to you. You can either live with the pain that is known as stress - it's what most people do because it seems the easiest way to live - or you set off on the adventure of self-discovery. This is not some New Age fashion. Every time you change one of your old habits, of creating pain as a response to life, it will be one more step towards enjoying a riper old age. If you want to live a long and healthy life, kill your stress and your pain with truth, before it kills you!

The Concept Of Letting Go (cont.)

An example of how the pleasure turns into desire, the desire into need, the need into habit, habit into dependence and finally the dependence into an addiction - process (explained yesterday) takes place can be seen in some smokers. The smoker, little by little, liked smoking, then desired to smoke, then needed to smoke; he/she created the habit of smoking, it turned into a dependence and finally into an addiction. It began because he liked it but it ended up generating that addiction.

We live disconnected from ourselves, with a lot of unnecessary dependencies and needs. When you think that you need to smoke, you believe something that is not true. What does it mean that you need to smoke? Negative effects of smoking on the body are well known; we already breathe in enough pollution from cars and we do not need to breathe in more unnecessary smoke. However, the person who smokes believes that it is a need and, while they believe it, they don't realize, or if they do realize, they don't want to accept that it is an unnecessary dependence.

This process can happen in many other cases: emotional, mental and physical dependencies and addictions towards people, objects and ideas. When we are hooked we lose emotional, mental and intellectual control over our inner selves and in our awareness. The solution is in knowing how to let go.

Soul Sustenance

What Is ‘Clean Communication’?

With the self covered by the clouds of so many external influences and many of its own negative beliefs and past experiences, the self is normally unclear about its own self. **The light of spiritual knowledge brings clarity to the self, about the self. This helps me to communicate with others much more clearly than when I am not sure or clear about what is going on inside me.** There is a direct connection between the quality of subtle activities in the form of **thoughts** and **feelings** going on inside me and the quality of my interaction and communication with others.

Very importantly, relationships are also connected with **attitude** and **vision**. Sometimes, I may feel I have said and done the right things to someone, yet still someone is not behaving towards me as I would wish. At such times I need to check my attitude towards that person and the vision with which I am seeing them. I may find inside a slight feeling of disapproval towards that person, a feeling of discomfort, a resistance to something in their personality. Neither of us may be conscious of it, but my

negative feeling casts a shadow on the other person. They are not receiving the acceptance or respect from me, that they should (on a subtle level), although externally I may be showing them a lot of respect. This subtle lack of acceptance and respect from my end influences their ability to hear me clearly (on a subtle level), and the way they behave towards me. **The practice of meditation enables me to clean out my thoughts, feelings, attitudes and vision, ensuring that what I share with others on a physical and on a subtle level is positive.** Then it is much easier for me to connect with others and for others to connect with me in a positive way. This is called ‘**Clean Communication**’.

Message for the day

Real positivity is being positive even in negative situations.

Projection: It seems very difficult, if not impossible, to maintain positive thoughts when we are faced with a negative situation. Even with a strong intention to be positive, challenges come in the form of relationships, physical illness, difficult circumstances etc and we find ourselves weakening.

Solution: A long time of practice of maintaining inner self-respect is what will help us in a difficult situation. To maintain self-respect means to understand and appreciate our own uniqueness. With this practice of self-respect we will not be dependent on the external situation but will find the strength within.

