



Respect

When I learn to respect myself, other people will respect me. How can I develop respect for myself? By keeping my mind positive and encouraging myself to grow and change for the better. Demanding respect because of my position or background is simply arrogance. On the other hand, listening with humility and valuing other people's advice naturally earns me respect. I get back exactly what I give out.

Self Elevation

To make the self elevated there are three practical steps to take; first, listen and make sure that you have understood clearly. Then practice what you have heard. Secondly, give time for your spiritual effort. Thirdly, stay in good company. By staying in good company my own company will become such that it supports others. By staying in my company, others should dance. By seeing that others are able to do something, we also start to feel that we can do it. When I start doing it, others will receive inspiration from me to practice that.

The Search For Success Through Desire Fulfillment

The false intention and assumption behind greed, in the form of a thought and feeling, is **'the more I have, the more I am'**. It is a combination of trying to add to the value of the self through material possessions, position, role, talent or achievements and then becoming attached to these as a form of identity, finally leading to personal collapse. To try to add to the sense of self in this way has the effect of diverting oneself from the real self, which is why, in many cases, a person who has everything material is left with the feeling of being empty, disorientated and even fearful.

We cannot accumulate, or rely on the external, to create a sense of personal value.

People often try to fill the void of personal inadequacy or emptiness through greed, but this method goes against natural, universal laws. **All that I am, all that I can be, all that will make me truly happy must begin from inside the self. We have to start from the inside out, not the other way round**, otherwise we create desires that have no end, like the ten-headed *Ravana* - every time *Ram* cut off one of his heads, another grew in its place. *Ravana* did not die until *Ram* aimed for his heart. Desires are created from wanting one thing or another, believing that we will find achievement when those desires are fulfilled. This pattern of behavior keeps deceiving us and the proof of this is seen in the state of discontentment and emptiness a lot of people find themselves in today.

Soul Sustenance

The Art of Stepping in And Stepping out in Relationships (2)

In the same way as the gardener (explained yesterday), we have the duty, or rather the honor, of planting positive seeds of good intentions, love, respect and tolerance, at the same time allowing others and the forces of the universe to be given the space to work and respond according to their time and inclination.

Very often we plant those seeds but want an immediate result: I have shown so much patience, but she doesn't change; or how much longer do I have to tolerate? I feel suppressed. We become attached to what we do, so there is no space for things to happen at their own appropriate time.

Sometimes we have the wrong type of mercy, or we want to take control, thinking we know better, so we step into people's lives too much. This interference and lack of free space provokes hatred, resentment and conflict with others.

At other times, we get fed up with others; our tolerance and empathy is completely reduced and we say, I've had enough, or I have got to do my own thing and so we step out, but in a selfish way, that is, we isolate ourselves from others, or situations.

We justify, or disguise, this isolation and rejection and dislike towards others with such phrases as, I need my own space or let them stand on their own feet. In actual fact, we aren't bothered anymore; we have stepped too far out of the picture because we have not cultivated the patience which allows the good and positive to germinate and grow in its own time.

It is an art to know when to step back and when to step forward, but a very necessary one if well-being is to be achieved.

Message for the day

To understand is to be easy and light.

Expression: Life brings obstacles and difficulties. They do not come to stop or hinder progress. They can strengthen and help in bringing progress with more experience. To understand this is to keep advancing.

Understanding this aspect means to know that it is not always necessary to find a solution, it is enough to keep moving forward, leaving the obstacle behind.

Experience: True understanding is to understand what the solution of the problem is and bring it into my own life accordingly. When I am able to understand this instead of focusing too much on the problem, I am able to remain happy. This brings a lot of inner lightness and ease and thereby I am able to use all my strength in bringing about solutions.