



### **Inner Calm**

The greater the demands on me, the more I need to sustain my inner calm and stability by taking time out for a little daily inner reflection and meditation

### **Real beauty**

Real beauty comes from within.

It comes from being comfortable in your skin, after all no one can wear it better than you can.

It comes from accepting yourself as you are; your personality, skills and even your limitations.

It comes from seeing what's beautiful in everyone and everything around you.

## **Maintaining Your Self Esteem In Relationships**

When a person is in love with another human, the marvelous thing about being in love is that it is a totally positive projection. There is a person who projects on to you all that is positive: you are marvelous, you are unique, you are indispensable, you are a treasure. That positive projection generates a euphoric state, of bliss, of wellbeing, whereby you are flying. You feel loved, cared for, needed and valued. That positive projection lasts for a time until, with the dependencies and expectations, the negative projection begins. "You should have called me, you should have told me, you should have come at this time, you should be more like this, you should be less like that, you should have done this or that."

With these expectations, demands and dependencies, that positive projection and flying state disappear. The other has started interfering in your personal space and the harmony that was there previously is lost. One needs to learn to have a positive vision of oneself. You are marvelous, you are unique; don't depend on them telling you so. This does not mean you need to feed your ego, but that you need to make the most positive emerge from within you. Resort to all your creative, positive, spiritual capacity, so that you do not depend on others having to project positive things onto you in order to feel good. On feeling good in an independent and autonomous way, you will be able to share with others peace, love and positivism. You won't be in the state of a victim but will be true rulers and controllers of your own life with solid self-esteem.

## Soul Sustenance

### Positive Thinking

Given below are some examples of simple positive affirmations (thoughts) that you can make about oneself, others, real life situations and the future, which will help you in becoming a positive thinker.

**The self:** I do like myself; I accept my weaknesses; I understand myself; I have special skills and qualities; I value myself; I believe in myself; I am lovable.

**Others:** I accept others as they are; I look for the best in others; there is something good in everyone I meet; I appreciate others.

**A real life situation:** I am capable of handling the situation; I have all I need; I am fortunate; there is a bright side to everything; nothing lasts forever.

**The future:** I look forward to each day; every difficult situation is an opportunity/challenge in disguise; each day brings something new and beautiful, something to learn.

### Message for the day

**The one who transforms oneself is the one who is victorious.**

**Projection:** When in a discussion or debate with someone, we usually want to have the last word. We want the others to understand us. When we succeed in this we feel we are a winner. But we find that neither is the other person satisfied with us nor are we able to learn anything new.

**Solution:** In order to be a winner in all situations, we need to pay special attention to keep learning from each situation. We need to see in what aspect we can bring about transformation in ourselves instead of trying to prove ourselves right. This will make us truly victorious.

