



Interfere Lovefully

One of the deepest habits we learn is interfering in others' lives. Even if we are not actively interfering there is a good chance it's happening in our heads. Then, when people don't do what we want them to do, which is usually all the time, our ability to relax is non-existent. If you want to interfere successfully in someone else's life, try this loveful approach. It begins with acceptance, continues with acknowledgement, is empowered by appreciation and ends in actualization. Only in this way can we help others be all that they can possibly be, and what else is life for, but to help others to be all that they can be. Only by making love practical in this way, can we heal our own habits of criticism, envy and blame. **Accept, acknowledge and appreciate.** It doesn't mean you have to agree, comply or condone. The paradox is that we ourselves will receive the same in the process, not only from ourselves, as we become what we give, but from others along the way. Why? It's the law!

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Easiness

When we start with something, which has never been done before, we first have a doubt if we could do it. The task in itself is not very difficult, but it is this thought that makes it seem much more difficult than it actually is. This fear doesn't let us use all our potentials in an easy way. If there is a task, which is considered by everyone to be difficult, or if I have any fear associated with it, I need to first take a conscious thought that it is actually easy. And as I move along I will find the solutions and I will continue to progress. This thought enables me to be easy and finish everything easily.

Providing Emotional Support To Your Loved Ones

What do we do when friends and loved ones come to us for, and expect emotional support from us? Spirituality teaches us the right technique of providing emotional support - the technique of detached involvement, which is the technique of not being overawed, of not being affected ourselves by the emotions of others. **If a friend, colleague or any loved one is upset and we also get upset (because we love them - that's what we normally say), we cannot provide them the necessary support or the assistance to see why they are reacting emotionally and how they might change the nature of their emotions by themselves.** True love for someone would mean that I am able to provide them that. While being concerned is fine, but by becoming upset, seeing them upset simply aggravates the situation and adds fuel to their fire.

By remaining detached, we can be more effective in our ability to care, listen and help them think clearly about the situation, they find themselves in. Only if we are stable, and that can happen only when we are detached, will we be able to provide them stability. We can encourage and empower them to change their negative reaction to a more positive response, and thereby generate a healthier energy. If we become over-involved in someone else's problems, there is a risk that our own judgment will be affected negatively. This is why making decisions and choices under the influence of your own and others' emotions is normally ineffective.

Soul Sustenance

Experiencing Spiritual Growth Through Group Interactions

Anyone who is inclined towards growing spiritually will sooner or later feel the need to taking up a particular spiritual path, which provides him/her with an assigned code of leading a spiritual life and helps him/her to incorporate it in his/her life. This also means becoming a part of a spiritual group or gathering or community and participating in spiritual study, practice like meditation or prayer and perform service along with the group. But, on the other hand, there are also many spiritually motivated people who are not very interested in groups and communities and keep a

distance from them. They are of the opinion that it is easier to work it out alone by collecting information from other alternate sources by books, the internet, the television, videos, etc. and progress spiritually. But the relationship between spiritual growth and being a part of or participating in a group is clear.

For the isolated and solitary person, growth is limited, since the personality is not activated to the same extent as when it interacts with others. **In relationships and in living together, the various forms of hidden ego and the different shades of the personality, positive as well as negative, are stimulated, creating the possibility of being more aware and conscious about them, bringing about greater growth and spiritual development.** After all, one of the main objectives of spiritual development is achieving victory over the ego and becoming soul conscious, getting rid of the negative shades of the personality and further enhancing the positive traits and skills, so that they can be used for benefiting the self and others.

Tomorrow we shall explain the various powers that are required to experience success in groups, which as a result, get enhanced in group activities and interactions.

Message for the day

The method to overcome fear is to keep giving power to others.

Projection: In difficult situations, the first reaction is that of fear- of the consequences, of one's own power to face the situation. With this comes the expectation that others should understand and help.

Solution: We need to take a thought to continue to give others even in difficult situations. Then, we will be able to overcome our fear. Since our mind is busy giving others we will be free from any negative thoughts and thus we will be stable.

