



A Caring Heart

I express my care and concern by responding to situations with a cool head and to people with a warm heart. If I remain aware that as fellow human beings we are all part of one family, and that even the smallest of gestures can make a difference in people's lives, I am always blessed with a caring heart. It takes so little to show that I care yet it can mean so much.

Negativity

When someone relates something to me about another person's negativity, I tend to listen to it with great interest. I then find that the other person is greatly encouraged to speak about it. But such waste talk is not really useful for anyone and I find that there is no solution for the problem at hand. When someone is talking about the negativity in another person I need to question myself if listening to this is of any use to me, or if I can do anything about the situation. If I cannot do anything I need to remind myself that there is no use listening to such waste talk. Instead I need to make an attempt to look at the positive aspect in the other person so that the other person can see that too.

The Art Of Stepping In And Stepping Out In Relationships (cont.)

In the same way as the gardener (referring to yesterday's message), 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 he 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.

Soul Sustenance

Bringing Your Dreams Alive

Each one of us has dreams that we nourish right through our lives. Some are short-term dreams and some long term ones. Dreams keep changing as we progress through different phases of our life. Some are achieved, some are not. Some of us possess the ability to realize our dreams more than the rest. The most important and influential factor in this process is how much we believe in our dream and believe that it will be realized. Some of the factors that hamper this belief are:

- * The **influence of the past - the memories of our past failures**, which sow seeds of doubt in our mind; **as well as successes**, which keep us in an illusionary consciousness and distance us from the present moment and our present actions. Also, sometimes we associate present temporary failures or ups and downs which may come in our way, with failures of the past.
- * **Lack of inner strength or power**, when faced with obstacles in your path. **Tendency to get dejected** very easily and creating weak thoughts like we do not deserve it or we are not capable of it or are we not lucky enough or it is not in our destiny or maybe it is our negative past actions which are influencing our dream realization process adversely, etc.
- * The **opinions or comments of people** surrounding you who sometimes, are not in tune with your consciousness and are not able to empathize with your purpose. Their comments easily de-focus you from your purpose.
- * **Lack of ability to mould or adjust** during the dream realization journey. Any journey is always full of twists, turns and sudden changes. A rigid state of mind, which is not able to change its tactics as required, may make the path seem more difficult than it actually is.
- * It is very good to dream but **excessive attachment to the dream** also may make the journey towards the dream stressful and bring down your self-belief at times.

Message for the day

Wisdom is to learn from one's experiences.

Expression: Things do not always go smoothly. In spite of the difficulties that we are faced with, the wisdom within us enables us to learn from all that happens. Naturally with this learning we would experience progress. If not, we will only be caught up with the past and lose the present too.

Experience: When we find ourselves thinking about the past, or caught up with it, we need to redirect our thoughts towards a more constructive goal. We have to see if we have benefited in some way with the particular experience of the past. Our wisdom enables us to learn from everything that happens.