



Oil painting: GIRL LOOKING INTO THE MIRROR: Artist: Chen Hongqing

Reflection in the Mirror

Are you happy with what you see in the mirror?
Do you consider yourself to be beautiful?

Most of us complain about the reflection in the mirror.
Even the swan could complain: "I'm too big,
my neck is ridiculously long and my feathers are plain white."

Be less critical, be more appreciative.
Accept yourself. You are beautiful.

Playing My Part As A Hero Actor (cont.)

In yesterday's message we had discussed how some of us believe that our life script has been written by God and we do not play any role in the same. In this regard, it is very important to state that **respecting, thanking and remembering God in good as well as bad times is obviously very very good and the right *karma* but submitting ourselves blindly to God's will is an inactive response which prevents each of us from using our free will to make any choice at any moment and shape our future.** While there is a master plan which is being played out on the stage of the world, a part of the plan is that we each have free will and an opportunity to decide our actions and responses. We need to realize that each one of us possesses an intellect, which absorbs the capacity to discriminate right from wrong, good from bad, from God and decides how to act on the world stage.

In this regard, there are two aspects. The first aspect is - God writes my life script completely for me without me playing any role in the same. The other aspect is - I perform actions and create my responses, based on God's knowledge of good and bad *karmas* which he has given me, so as to shape my destiny and write my life script accordingly. There is a fine difference between these two aspects, the second aspect being the correct one. This knowledge given to me by God is stored in my intellect; I am the master of it and can decide how to use it to play my part.

Soul Sustenance

Crossing Negative Circumstances/Situations (Part 3)

In order to have a wider perception and not to drown in any negative situation i.e. not to get affected by it, you can position yourself in a positive way. **Instead of losing respect for the self and developing a negative consciousness, if you make your consciousness positive and stabilize yourself in respect towards yourself, in maintaining your positive and powerful self-esteem and a healthy distance (not necessarily physical distance, but rather by not letting the situation absorb you), you will be able to have an eagle's vision. From above, everything looks smaller. It is easier to get over something small. You can. * I am a victorious soul or * I am a destroyer of obstacles are examples of positive consciousness.**

Whatever happens, it is important to always be aware that you create your thoughts and you allow the situations to have greater or lesser impact inside you, according to how you see them. **Learn to create thoughts full of courage, trust and determination. Spirituality and the practice of meditation helps you do just that. Those thoughts, charged with positive energy, will help you to allow each situation to pass; to really overcome it and leave it behind; for it not to remain alive in your thoughts or in your memory.**

With the power of a mind that creates thoughts full of good energy, wherever you go, you will create a pleasant atmosphere. Your vibrations will create spaces full of beauty, love, trust and peacefulness; spaces where all those who enter will remove their masks and will connect again with their true self.

Message for the day

To have faith that things will work out for the best means to ensure that they will.

Expression: To have faith that things will work out for the best means never to give up. Even if situations don't support and people don't give encouragement faith gives the ability to go on. Because of this there is recognition of even the not so visible resources and they are used for successfully completing the task.

Experience: When I have faith I am never discouraged by temporary failure, but am able to have the courage to move on towards success. I have constantly the satisfaction of giving my best. Because of my commitment and sincere effort, I find that situations and people too cooperate with me, bringing me success in whatever I undertake.

Healthy Thoughts

When there is some problem experienced physically, it is but natural for the mind to go towards it. The mind is totally focused on the ill health, as we tend to pay more attention to the sickness. Thus we are not able to experience relief from the pain. The dis-ease of the mind further increases disease in the body. The one way that helps us get over the physical ailment of the body is to start feeling healthy. We need to divert our mind to more constructive things. This will help the mind to keep busy so that no thought of sickness comes. We also need to give ourselves thoughts of our good health. Then we would surely find ourselves coming back to health.