



## **A Moment of Solitude**

When I start the day with a moment of solitude and contemplation, even the most crowded schedule runs more smoothly.

## **Reversing The Flow Of Love In Relationships**

If we ask someone who do they think has caused them the most sorrow in life, most will point out to someone they love or had loved a lot. Why is it so? It happens like that because **we believe that the energy of love will come from the outside and will fill us inside.** The energy of love from the other will fulfill our inner desire for the experience of love. Due to our own need, we attach ourselves and hold on to a particular person whom we love a lot, believing that they will fill us with the love that they possess inside them, which will make us stronger, fuller and more content. So we start depending on the other person for this need. When he/she is not able to fill us, which happens many times, we experience sorrow. **Love is an energy, which exists inside us. It always goes from the inside out and reaches out to the other and brings benefit to the other. It does not come from the outside in.**

If we try and reverse the flow of love i.e. we make the energy of love come from outside in, we start depending on the outside for love, which results in the vacuuming effect. When you vacuum to clean your living room, you absorb the good and the bad. If you have dropped something very small, but valuable and of utmost importance to you, on your carpet, the vacuum cleaner absorbs it or takes it away, together with the dust, which is negative and of no value to you and which you do not want inside your home. **When you live with the vacuuming effect on an emotional level, you absorb the love, care, concern, virtues, powers, specialties, energy, etc. of the person you love but you also end up absorbing their weaknesses, their worries, their fears, etc.** That way, a dependency is generated that is counter-productive and causes emotional pain. That does not mean we become cold and stop accepting love from others, but we are no longer dependent on it for our inner well-being and happiness. Also, on the other hand, we keep radiating or giving love. When we give love, we experience it ourselves first and that's what we want - an experience of love, isn't it?

## Soul Sustenance

### Experiencing and Maintaining a State Of Contentment

**To reach, experience and maintain a state of contentment or fulfillment you have to first realize what true freedom is and then learn how to use it so that it strengthens you and also helps you to achieve the full potential of your individual self.** Freedom is the key to contentment. You also need to check what brings you close to the state of fulfillment and what takes you away from it. **Fears** of different kinds are one of the main obstacles in experiencing contentment. Any **weakness, inability to apply any virtue or spiritual power** required in any situation, **lack of focus, inner instability, etc.** will cause a leakage of the energy of positivity that is required to feel content. Free yourself of any personality trait that hinders your progress and does not allow your inner being to manifest itself and express itself with all its potential. To live in contentment, you should be in charge of your inner mental and emotional world. If not, you will only be able to experience temporary periods of fulfillment.

**To achieve fulfillment you not only have to have inner control, but you also need to check whether there is any door open to allow any weakness to enter the room of your personality.**

Because if you strengthen yourself on the one hand and on the other you are weakened, you will never reach the desired state of inner power. E.g. you keep a bucket of water under a tap of water. If it has even a single crack, however much water you pour into the bucket, it will never get filled completely. In the same way, this can happen to you. Because of this, you need to check, which cracks are present in your personality through which there are leaks of energy, because of which your efforts to become content do not give you the results you hope for.

## Message for the day

**To work with joy is to be free from tiredness.**

**Expression:** When there is the happiness and joy of doing something, one can go on putting in effort even in the most difficult circumstances. For having done everything with happiness, there will be the inner quality revealed in each and every task. The happiness within will spread around to others too.

**Experience:** As I never leave my inner joy, and am constantly in touch with my inner qualities, I am able to enjoy everything that life brings. Nothing will then be experienced as work, but I feel everything to be entertainment. I will be able to enjoy the richness of life even when there is something actually difficult.

## Acceptance

Would you reprimand a young child for their mischievousness or mistakes? Though it's important to be firm in teaching discipline, a good parent or care-giver realizes that the child is innocent of how it should behave. Therefore, the approach is patient and loving. But what happens when we see adults making big-little errors? Our mature self makes us react, comment, argue and say "But they should know better..." *It's true that adults have to be more responsible for their actions but that's not always the case.* It's in our best interest to accept that no matter how much we correct people, they are likely to change at their own time. At times, we all come under the influence of our sanskars which compel us to act against better judgment. As we are in the same boat, keeping faith and good wishes for others (and ourselves) is the best way to guide and bring about good transformation.