



A creative Tree Chair with natural shade

Transform

Transform regrets into realizations and thus ensure that waste is changed to something worthwhile.

See Magic

Children know nothing about being 'funny' and everything about having fun. They're fascinated by everything and see magic in simple things.

This week: see the world in childlike wonder. Let loose and make mundane chore fun, or read a book you loved when you were young.

The Rules of Attraction

If we are alert to opportunities that will satisfy our most serious vision (ambition) in life, it is surprising how often these opportunities will tend to come themselves in front of us. These are the rules of attraction - the most mysterious ways by which on one side your need and on the other, its fulfillment are drawn together.

Create your vision (ambition). Identify your goals, objectives and tasks.

Make yourself a magnet. This means having faith that you will get the suitable opportunities to fulfill your vision and recognize the signs they are giving you - which may not be direct. Look out for such signs with patience, and act on them when they come.

In order to fulfill our vision, we must not become too attached to our targets. This is not a sign of weak-mindedness or a lack of commitment: rather it is a sign of wisdom. By letting go (becoming detached) of our goals or objectives, we become more relaxed in our attitude toward them. The journey is no longer tiring and stressful, because we don't have to struggle, life's circumstances will present us with the right opportunities.

Soul Sustenance

Meditation – Why Is It Required?

To become silent, to be still in the ocean of hectic, noisy action, is a choice many people are now making. When this is achieved, this stillness acts on the mind like oxygen, giving the breath to both understand and enrich life.

Of course, action is a necessity, an expression of ourselves through time, relationships and the roles we play. However, if we do not sometimes stop and take a breath of silence, then the mind begins to suffocate, thoughts speed like bullet trains and the brain feels as if it is in a pressure cooker. Emotions erupt and react like volcanoes, the eyes become dizzy with mountains of information and the head feels like a rollercoaster. This is stress. The mind needs to come up for air, to leave the jungle of pressure, deadlines and speed and slow down and find the point of silence within.

Meditation is the method to find that point within which recharges the mind with peace, clarity and balance. It is like a compass needle that guides us in the right direction at the right time.

Message for the day

Success doesn't mean not to face any problems but to rectify the problems at hand.

Projection: When we are faced with problems we tend to get upset and begin to feel that we are failing. We expect everything to happen smoothly when we take up something new. But it doesn't always happen so and we sometimes get so disheartened that we give up the task altogether.

Solution: We need to recognize the fact that each problem that comes our way is a chance for me to use and sharpen our own skills. Real success is to use these skills to win over the problems. When we look at the problems in this way we will be able to experience progress.