



Humility

Just as a tree that is full of fruit bows down for others to take the fruit, one who is humble will always live in self respect and offer respect to others.

Free from Desire

When we are free from expectations from others we are also free from dependency. So we are able to do everything well and to our satisfaction. We are not bound by the praise that we get from others but there is fruit in doing the action itself. Then of course praise follows too. When I do something, I first have to ensure that I am enjoying it and keep reminding myself of the joy that I am deriving out of it. Then I am free from the desire for recognition or praise. Then I will find myself succeeding in the task that I undertake and I will be appreciated too.

Creating Positive Habits

To overcome a negative habit, we have to ensure that the intellect is strong and stable enough to lead the mind with knowledge and comprehension. In this way, transformation is more deep and lasting, creates satisfaction and fullness, and greatly improves our self-esteem. Our mind, which is under the influence of an old program, must be left in no doubt that "I", the original personality, no longer wants to go down that old road. We must have the strong determination to create a new thought pattern; this will also be recorded on our memory bank. This new register will help us to avoid taking up the old habits the next time something similar happens. For a period of time the two thought patterns, the old and the new, will exist alongside each other. To achieve a long-lasting transformation, we should not suppress our mind and immediately eliminate all the habits or tendencies to which the mind has become accustomed to. If we do this, the mind will begin to cry and make a fuss, and finally, the moment we lower our guard and stop paying attention, the old habits will emerge again and drag our mind towards automatic thoughts and actions so that, almost without us realising, we are once again immersed in our old way of thinking and doing.

We have an alternative: creating thoughts of a greater quality that emerge from a new conscience. In this way, thanks to these positive thoughts, full of love, harmony and creativity, the mind will start to cleanse itself, replacing the old habits and negative tendencies in a totally natural way. The positive thought that preceded the positive action is still conscious, but the more we repeat the positive action the less conscious we are of the thought that created it. The time comes when we don't know why we are doing whatever we are doing: it has become a positive habit.

Soul Sustenance

Improving Your Responses by Moving from A State of 'Doing' To 'Being'

This is a meditation exercise which you can practice anytime in the day when you are busy interacting with someone or a group of people. At that time, create the thoughts below, very, very slowly in your mind. Experience the essence of each thought -

I am a soul and at peace with myself and the world around me... This scene, in which I find myself in, is one of many scenes in which I play a role... Now, I disconnect for a few seconds from what is happening around me... Mentally (not physically), I take a step back and just watch, as an observer, what is happening... I make no judgments - I just observe... As I observe, I see that each soul in the scene is playing their own unique role, according to their capability and understanding, because of which I accept each one completely without any conditions...

I remain patient in allowing this scene to develop in a natural way... I wait for an invitation to participate - it always comes finally... I have no desires from the situation... But, at the same time, I am happy to contribute towards achieving the most positive and effective result... In the meantime I maintain my peace and share the energy of that peace with all around me as this is the most important contribution that I can make... I realize that simply by observing peacefully I am participating positively in this scene...

If you dedicate time to consciously practice the above meditation for a few moments in many actions during the day, you will finally find that you move into this state of just **being** (while yet **doing**) very, very naturally.

You are not avoiding life or the world around you. Instead, you are learning to take control of your awareness and involvement, disconnect when you want, be more mentally sharp in understanding (what is visible as well as subtle or non-visible) all that is happening around you and give yourself the time and the personal space to respond accurately and positively.

Message for the day

The breath of a true life is enthusiasm.

Expression: To live life, to live each moment with enthusiasm is to really live life. The quality of life, the quality of the work done, the quality of relationships, everything is enriched through enthusiasm. Where there is enthusiasm there is maximum recognition and usage of everything available. Enthusiasm spreads to others too, gives them the courage to do their best and enrich their lives.

Experience: When I am enthusiastic, I am able to enjoy everything that comes my way. The biggest obstacle seems like a game for me, and I pass it by easily, without experiencing any difficulty. Confidence builds up in me and gives me the courage to be the best in all I do. I slowly increase my own potential and steadily move on towards success.