



## Progress

You are your own greatest asset. Put your time and energy into training, improving and encouraging yourself. Then there will be progress. Self progress can take place when you use all of your existing resources to enable self change.

## I am

Neither say "I am nothing" or "I am everything"  
Instead say "I am what I am because the One who is making me is with me"

## Personality Radiation

Each thought that we create, every word we speak and every action we perform is responsible for the radiation of non-physical energy or vibration into the universe; towards other people, to the surroundings or the atmosphere as well as to physical nature.

**A very important aspect of our consciousness which influences the quality of this vibration is the intention or hidden meaning behind each thought, word and action.** When the intention is pure, positive and unconditional, positive packets of the energy of peace, love, good wishes, happiness and truth get transmitted.

**People who experience this positive energy from us are reminded of their personal positive qualities,** even if these qualities are different from ours, **and get inspired to imbibe the same and put them into practice,** although this may not even be our conscious intention in the first place, but we just have a general pure, positive, intention towards everything and everyone around us. But this giving off inspiration happens automatically. On the other hand, **when the intention is negative and impure, it is as if we bring other people, surroundings and nature down i.e. in a way we absorb positive energy from these entities, instead of filling them.**

People, without realizing, will come down from their positive personality state on receiving this energy and become inclined to thinking and speaking against their basic, positive nature; thus it is a negative inspiration. Both are energy exchanges, but one is positive and the other is negative.

The above process happens even when we are quiet, not creating any thoughts and not speaking or performing any actions. **Depending on the kind of nature or personality we have, those type of vibrations keep getting emitted from us all the time.** The higher the quality of the activity inside the mind and intellect during the day and in general in our life, even if they are inactive at a particular point of time, the higher the quality of the energy radiated at that time. It's as if we are constant spiritual energy radiators and radiate our personality all the time, even while we sleep. The purer our personality, the purer this radiation is.

## Soul Sustenance

### Saying Goodbye to Anger

**'I expect' is the great illusion, which converts itself into demanding rights without due respect for others.**

Anger in all its forms is a direct result of an expectation not being fulfilled and brings cries (although sometimes silent ones) of “They should have done this, Why did this happen? or Don't you know better?” Disappointment, accusations and demands are violent energies, which we throw around very naturally and easily in our daily life when our expectations are not fulfilled. They are like a burning fire that eats away at our original spiritual qualities, turning them to a dust that pollutes the self and others.

Instead, let us continue to practise returning our thoughts to the self and remembering our original source of peace. In that experience of deep, natural peace, we will find balance and clarity and the ability to tolerate and adjust to the unexpected.

One of the keys of meditation practice is to quickly gather our thought energy and take it inside to connect to our original qualities, no matter what may be happening outside, or even inside!

**Let me disconnect from the external and plug in to the internal energies that support me and then I will be able to say goodbye to anger very easily.**

### Message for the day

**Where there is honesty there is flexibility.**

**Expression:** When someone challenges the truth of what we are saying we generally tend to argue and prove our point in order to prove ourselves right. When we argue in this way, it only shows our own stubbornness and doesn't help in anyway to reveal the truth. Where silence doesn't help in revealing the truth, argument never will because the other person is not in a position to listen to us at that moment.

**Experience:** We need to realise the fact that when the other person is not able to recognise the truth, our arguing will not help in any way. When the truth is with us we need not argue but we only need to wait for the right opportunity to talk what we have to say. When we try to talk when the other person is not in a position to listen to us, it only reveals our lack of flexibility.