



Overwater Bungalows of Bora Bora

## **The Hardest Shell**

Under the hardest shell, is a person who wants to be loved and appreciated

### **Self-respect**

You get respect from others when you have respect for yourself.

Every human being has innate worth which is pure and virtuous. Faith in the self brings out the potential within and this brings respect for the self. Self-respect makes you self-reliant and makes others respect you. In order to get respect from others, increase your own self-respect. For this find something unique in yourself and each morning remind yourself of this speciality. Also make sure you work at least once with this speciality throughout the day.

## **Meditation For Personality Transformation (cont.)**

Decide on a habit that you want to change e.g. impatience. We will focus this meditation on changing impatience. You can apply it to other habits also:

I relax and prepare to look inwards...  
I am aware of the unwanted habit of becoming impatient...  
As I sit in meditation, I relax my body.  
I become the observer of my own thoughts and feelings...  
Realizing my true identity as soul - a subtle point of light situated at the center of my forehead, just above my eyebrows, I remember my real nature is one of calmness, peace and power...

I focus on the power of peace, inviting it in and welcoming it into my thoughts and feelings from deep within.... enjoying the calm contentment which it brings...  
On the screen of my mind, I begin to visualize patience...  
I see myself in a situation where I normally become impatient...  
I now see myself as being completely full with the virtue of patience...  
I shape my feelings around the idea and image of patience.... unhurried and relaxed... calm and watchful...  
If necessary, I can wait... forever.... with patience

I am free of the desire for certain outcomes...  
I see how I respond with patience...  
I see the effect of my patience in others within the situation...  
I now know how I will speak with patience, walk with patience and act patiently in the real life situations...  
I maintain this peace, which generates serenity and patience in me...

## **Soul Sustenance**

### **Spirituality In Practice (Self Introspection)**

On the screen of your mind, make an appraisal (note) of what has happened throughout the past week...

Think about the awareness that you have had of yourself... think about the actions you have taken...Have they been based on a positive consciousness of yourself? Can you see the intentions behind your actions? Are they pure and positive?

Now, slowly and gently, I focus on my inner self... I observe myself... Does my life carry meaning and a purpose... Is there learning and growth at each step?

Do I possess inner strength... Am I able to use powers like the power to tolerate, power to co-operate, power to face in my everyday actions and experience success at every step... If so, do I feel strong and secure...

Do I remain in self-respect and as a result respect others... Do I love myself and have good wishes for each one that I interact with...

Do I feel calm and at peace... free to experience my inner qualities... Are my qualities visible through my actions...

And now, for a few moments, I am going to create feelings of peace and serenity for others... I am going to share thoughts and feelings of peace with others... this is practical spirituality...

## Message for the day

**With the balance of love and discipline, energy can be saved while speaking.**

**Projection:** Throughout the day we find ourselves having to give explanations or corrections to so many people. When we do this we find that we have to spend a lot of words. In the process we tend to lose a lot of our energy and find ourselves tired.

**Solution:** In order to save our energy and to use fewer words we need to have the balance of love and discipline. Discipline will enable us to give the right directions while love will make our directions effective. So we find that just a few words would be enough to get our message across.