



A firenado in Chillicothe, Mo. USA, April 7, 2014. They are usually between five and 10 stories high and can measure up to 10 feet wide. The largest firenado created winds topping 100 mph.

## Manage Emotions

When the energy of our consciousness is out of our control - the mind is agitated. We are being emotional. The solution is to detach from the inner storms, stand back and observe the hurricane pass. Detached observation withdraws the energy which your emotions require to sustain themselves. When you watch your own anger, it dies. If you don't detach from it, and observe it ...it will be your master. Today is the day to practice positive, detached observation, and each emotion-filled moment is the opportunity. This is 'real' work. The work of one who is a master of their own consciousness. Are you a master or a slave? relax7

## Radiating Positive And Powerful Energy

You will notice many people in your life who are very much in need of love but they attract the opposite energy. This is because the negative energy of lack of love for the self and low self esteem which they continuously radiate causes them to attract that same negative energy from others. In the same way, there are many people who are very much in need of success but they attract failure repeatedly. Failure is directly related to the quality of energy we radiate i.e. how positive and powerful our expectations of success are. Once we set the goals that we wish to reach, we need to be careful that we move towards our aim without creating the negative energy of fear inside our consciousness. **Failure appears when we make an effort to achieve those goals and we damage the result or attract failure without us desiring so, simply because of our fears of failure.** Even then, if at that step we feel that we have failed, we need to have a positive and constructive attitude.

**We need to emerge the power to face and power of acceptance inside us. That way our creative energies will flow** and we will carry on going forward without the failure (whether real or only perceived by us to be real but actually not real) becoming an obstacle in our path from doing so. Although at that time it may seem as though we have missed an opportunity or that some openings have closed for us, have faith and be fearless. If we are fearless and radiate positive and powerful energy, other possibilities will open up. We have this deep rooted belief that our fear will keep us safe, and we treat it like a comfort zone, a red signal that tells us that we should stop. **Creating a time every day to do something that you fear, helps you to re-condition yourself internally to begin to see the fear as a green signal and to develop inner courage, so that you can move towards your goal of success.** Each day, do what you fear and the fear will soon be removed.

## Soul Sustenance

### Tapping Guidance From The Supreme Intellect

There are many occasions in my day-to-day life when I am not sure as to what my next course of action should be in that particular situation. The intellect is the faculty inside the soul which normally takes all decisions for the soul. But sometimes the intellect is clouded by my own or others' *sanskaras*, beliefs, opinions, inclinations, assumptions, thoughts, actions, past experiences, etc.

In such a situation, **I require the guidance of an entity who:**

- \* is above the whole situation and is seeing it as a spectator or observer and is not a player in the situation,**
- \* is the knower of the three aspects of time (the past, present and the future),**
- \* can see the situation from all dimensions or perspectives,**
- \* is beyond all influences and is impartial,**
- \* is extremely pure and clear,**
- \* knows me more than I know myself,**
- \* knows my benefit and harm more than I know it myself,**
- \* someone who is selfless and is concerned for my well being the most, etc.**

No human entity can fulfill all these requirements.

(To be continued tomorrow ...)

## Message for the day

**To be free from weakness means to have the power to mould.**

**Expression:** When there is a weakness, it becomes difficult to mould according to the needs of the situation. Weakness creates hardness and rigidity not allowing the situations to create internal beauty. So the one who is constantly working with one's own weakness finds it difficult to stop the negativity from being expressed immediately. The weakness is revealed in spite of making effort not to and there is unpleasantness created.

**Experience:** To have the ability to mould means to become real gold. I become as flexible and beautiful as pure gold, which is ready to take beautiful shapes when it comes under the influence of the heat of the situation. So I have no hard feelings for having to adjust, but I am able to enjoy the beauty I create and the joy I spread.

## Good Wishes

When we have to do something big and we are not able to do it on our own, we expect help from others. But not always do we get that help. This further gets us into a state of negativity and we are not able to give our best. This also in turn affects our relationships. We need to have a long time of practice of doing good things, which get us blessings and good wishes from others. It is these good wishes which help us at the time of need. Also due to this, even if things go wrong, we are able to maintain a calm state of mind and good relationships, thus creating harmony and greater output.