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Be Like Little Children

When little children stumble and fall, they may cry for a bit, but then they stand up and carry on. In the same way, we too have to be persistent like little children.

Get over your embarrassment and self consciousness.

Limiting Influences On Your Decision Making Ability (cont.)

With whom does the choice to make your decisions lie? Are you going to be dominated by your fears and others' negatively powerful influences, which paralyze your judgment power and confuse you sometimes or are you going to exercise your choice? **When someone dominates you, they control you and make you feel irritated, frustrated and weak; they satisfy their own ego like that by controlling you and bringing you under their influence.** You need to decide if you are comfortable being a victim of the other by being the one who satisfies the egos of others. It is not a very healthy attitude, on their part, but it happens in many relationships and we fall prey to that, because of a lack of spiritual power. Get back your personal ruling and controlling power and do not be afraid to be free and responsible for your choices. From today on, promise yourself that you will not allow your husband or wife, or children, or your friend, or mother-in-law, or your office colleague, anybody for that matter, influence the power of choice, the power to decide, that you possess. In the end, that way they will be happier; perhaps not at first, because a power game is created. Your personal freedom will lead to a healthier relationship, in the long run. **Its fine to take an opinion or a viewpoint or support from someone, but there is a fine line between that and being controlled by someone, which we, many a times cross, and become a victim.**

You are free when you take responsibility for what you are and how you feel. In meditation you can realize everything that has influenced you and know how to clear it, so that only the highest, the most positive influence you. This depends on each one of us. In our present society, there are many influencing factors, from the most negative, violent, corrupt and mediocre, to the purest, highest and most spiritual. It depends on each one what you want to consume and allow to be influenced by.

Soul Sustenance

To Complement And Not To Compete (Part 2)

We all have a place within this beautiful embroidery of life; let us know it, enjoy it, express it as our right, but never overdo it because we feel our role or position is more advanced or better than others. Sometimes, when there is a sense of personal or collective emptiness, there is the need to be recognized, which creates attachment to your own talents, role or virtues.

We have to learn to **complement** rather than **compete**. **Nature works on the principle of complementarity.** This can be seen with the seasons, day and night, the continual cyclical process of birth, growth, maturity, decay, death and rebirth. Even our bodies work on this principle. Look at the face! Each face has two eyes, one nose, one mouth, two ears, all in the right position and functioning in an appropriate way. Which of these is more important? Would you say the eyes are more important, so you would prefer to have three eyes and no nose? Or would you say the nose is more important, so you would prefer to have three noses and no ears? We cannot think like this because it is absurd and illogical. Each feature has equal value and **when we recognize the equal value of all things, then we stop being illogical - comparing, competing, feeling superior or inferior, or striving to be what we are not.** In a society that functions, can everyone be a doctor, an engineer or a farmer? Everyone has different talents and positions because different tasks have to be fulfilled if the whole society is to run well. If we examine life carefully, we realize that the recognition of this principle of complementarity is the basis of creating a peaceful and happy coexistence, because the vision of equality respects and honors the differences.

Message for the day

Honesty to the self brings progress at a quick speed.

Expression: To be honest with one self is to be truly honest. When there is honesty with the self, there is the ability to see things clearly. So one is able to take responsibility for the mistakes committed and have the enthusiasm to learn from them. So there is constant change and progress visible in such a person. At all times there is the ability to bring about change.

Experience: When I am honest with myself, I am able to find the joy of learning from my mistakes. Mistakes don't make me heavy because I know I have something to learn from them. There is constantly enthusiasm to bring about a change and move forward. So I find that I am constantly progressing and also becoming an inspiration for many to bring about change. My honesty, therefore, makes me a true leader.

Self-respect

A majority of people build their identity around physical achievements, position in life, relationships, and other's opinions, which is like grasping a mirage in the desert - there is no substance or permanence. Rajyoga teaches us how to understand our original personality as 'souls' and re-emerge our divinity through the remembrance of One Supreme. No matter how much others or even God may try to convince me that I am a worthy individual, until I visualize my own goodness and nurture my self-respect, I cannot do anything with my life. God loves me no matter what I may be like and makes me realize my 'self' by loving me unconditionally.

