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## Harmonious Balance

We all know the old adage - what you give out you get back, or what goes around comes around. But we forget this cast iron law which is found everywhere in the universe. The energy of life is constantly moving at physical, mental and spiritual levels. And if we stand back and just observe, we see it moving in the process of exchange. In the context of our relationships, we give and receive energy, and when we are truly giving and receiving positive energy there is harmony and balance. But when we do what we are taught to do, which is to take and to keep, then we destroy the harmony and the balance of our life. When we say possession is nine tenths of the law we give life to the illusion of ownership which blocks out the truth. It is possession itself which is our attempt to break the law and it is that illusion which lies at the heart of all human pain, discomfort and disharmony. While many 'things' will come to us, we possess nothing. We intuitively acknowledge this when we say to each other, "You can't take it with you when you go." Can you?

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## **Visualization**

In your morning commute, take a minute or two to create a positive vision of yourself.

Be creative, but as realistic as possible. The more you explore positive visualisation, the more you will become it.

Then, in your minds eye, visualise the positive qualities you would like to bring into your day. Focus on, explore and experience the qualities.

Visualise your goals, set your desired outcome and visualise your success.

## **Fears And Dependencies (cont.)**

With dependency in relationships (as discussed yesterday) we enter into an energy of pleasing others so that they might continue to appreciate us. We base our self-esteem and personal security on the appreciation of these people. We stop acting in a natural, free and spontaneous way because we are worried about pleasing the one from whom we are taking mental, emotional or physical support.

Into this energy of dependence enters fear: fear of losing the support of that person, fear they will get angry, fear that they might not like us any more, fear that they might reject us, etc. That fear is a signal that warns us of our emotional weaknesses and of our lack of self-esteem. Fear brings on a greater inner insecurity, which makes us carry on holding on to that dependence.

There are people who, after entering into an energy of dependence and suffering because of it, leave that relationship with the objective of freeing themselves from the pain it brings about in them. Then they begin another relationship, where they generate the same energy. The solution is not in a change of relationship with another person, although on occasions that might help us. If we don't change this energy internally and if we don't learn to have a solid base of self-esteem, we will continue to depend on the appreciation and affection of others in order to appreciate and love ourselves.

## Soul Sustenance

### Analyzing Success And Failure (Part 1)

You feel positive and joyful when you realize that you are successful. However, when failure comes to you, you feel defeated. The definition of success and failure varies from one person to another and according to the stage of life that you are in. **It is important to have success and failure well defined for yourself, because, based on your definition, you feel greater or lesser inner wellbeing, happiness and wholeness.** There are also different levels of success and of failure. For example, for some the greatest success is to be happy and radiant, whatever happens inside or outside. If one manages to keep happy in the face of failure, for them it is a success. Because to be happy means that I am connected with my essential worth or inner self, my being is awake and alive. Failure does not reduce my vitality, my contentment levels. The greater or fewer external achievements do not reduce the quality of the inner being or of being happy. **The important thing is that you believe your own definition of success and failure.** Some ideas can be shared that can act as guidelines, but, in the end, each person has to create their own guidelines, definitions and factors leading to success and failure. Basing ourselves on these guidelines and beliefs, we evaluate our successes and failures. **You can reflect on what true success and failure mean for you and, according to those meanings, centre your attention on the values and efforts that lead you to achieve your objectives.** (To be continued tomorrow ...)

### Message for the day

**To receive a chance to serve means to accumulate your account of blessings thereby guaranteeing your progress.**

**Checking:** In all that you do for others, check if you are able to feel satisfied. Also check if there is any kind of expectation either for recognition or for facilities for the help that you have given.

**Practice:** Each day make a list for yourself of the things that you are doing that you feel is bringing benefit to others. Also make sure you realize in your mind that you are doing it for the sake of bringing benefit and not out of expectations. This will ensure everyone's blessings for you.