



Roger Federer: the greatest tennis player of all time

## **Success**

Your determination pulls success towards you, and your focus pushes obstacles away.

## **To have an elevated consciousness is to fly across obstacles.**

When we are low, we have to struggle and fight with each and every obstacle. On the other hand, when we are able to fly with an elevated thought, we are able to fly across all obstacles easily. Because of being in a higher position, obstacles look very small and we are able to influence them positively. Today I will not be afraid of obstacles but will find a means to fly up above. That means, a simple thought like "I have the power to overcome this situation" or "Success is my birthright" would help me maintain my confidence and self-respect. This will give me the power to deal with even a big situation.

### **Motivation - The Life Driving Force**

**Motivation is the driving force behind our thoughts, feelings, words and actions which transfers us from one reality to another, from where I am to where I wish to be.** It is an inner positive energy, a combination of enthusiasm and clear perception that enables us to accomplish a task or overcome a challenge. It is the desire to be continually interested and committed to a task or to attain a goal or cross a difficult situation.

Our thoughts really do color our perceptions, and affect our motivation levels in many ways. What thoughts are serving you today? Which thoughts are weighing you down? **Have you ever turned over the exam papers of life - challenging situations, overpowering situations, disturbing situations, de-motivating situations; looked at the questions that life throws at you and wondered if you are sitting the right test?** Or glanced through these papers of life and only see questions or aspects you aren't equipped at handling? Or worse still, know that you once knew the answers to these questions but frustratingly, those nuggets of spiritual wisdom, required to overcome these situations are now out of reach no matter how far into the back of your mind you grope, causing emotions of worry, frustration, fear, anger, discouragement, depression, panic and hopelessness to erupt inside you?

(To be continued tomorrow ....)

## Soul Sustenance

### The Five Powers of a Focused Mind

The **power of perception (understanding)** allows us to see into things and truly understand them, with neither complication nor confusion.

The **power of mindfulness**, by which we absorb ourselves into any action or thought without interference or complication, further energizes us by allowing the power of our mind to become concentrated, freeing us from frustration, stress and anger.

The **power of injection** can permit us to energize others with our own positivity. As we help them to feel positive, good energy bounces back towards us to maintain the positive cycle.

The **power of choice** requires us to differentiate right from wrong, good from bad. Having done so, we can select our choice, and at every moment choose to be positive.

The **power of inner energy** can guide us into new things, encourage us to change where we feel uncomfortable with ourselves and help us to enjoy life completely.

### Message for the day

**The one who is free from expectations is the one who is constantly cheerful.**

**Projection:** Usually I am quick to perceive my own desires and I do realise that desires give sorrow. So I make effort to overcome them. But most often I am not able to recognise my own expectations that I have from people which destroy my own cheer. My expectations from others prevent me from bringing about a positive change in myself.

**Solution:** I need to recognise that each and every individual is unique with his own unique specialities and values. When I recognise this uniqueness I will not expect people to behave according to what I feel is right but will respect them for what they are. Thus I'll be able to be constantly cheerful.