



## **Mistakes**

When you make a mistake, learn from it, resolve not to repeat it and then forget about it. You will feel better again. Do the same with others, instead of making their mistakes bigger, dissolve them in your mind and help them also to forget about them. A sensible person does not criticise the mistakes of others, instead, he learns from them for the future.

## Courage

Courage means facing your fear. Instead of 'Forget Everything And Run', face FEAR by, 'Face, Explore, Accept and Respond.'

Look at your fear and decide if you want to step out of your comfort zone and take action in spite of the fear.

Maintain your courage. Courage gives you the strength to go beyond and overcome your fears.

## Transforming Anger

**In meditation, when I connect with God, I absorb His spiritual love and peace, which causes my own original qualities, which are present in me, the soul, in my pure state when I begin the playing of roles through physical bodies on the world stage, to come to the forefront or to the surface, to emerge in the conscious from the sub-conscious.** As a result, now, where previously there would have been conflict, I have a greater capacity to remain peaceful when another person behaves in an unpleasant way with me. I have the power to stay mentally and emotionally stable when someone provokes or insults me. This power is enormously valuable in life, enabling me to cool heated situations, and even remove another person's anger altogether.

**Instead of focusing on the anger on a person's face, I focus my attention to the non-physical, star-like being or soul within the person, which was peaceful and loveful in its original, pure state.** This increases my tolerance and acceptance power. Also, through my meditation, I am actively aware of the spiritual bond all human beings share, as souls who have a common home of peace, the incorporeal (non-physical) home, from where all of souls come and a common connection with the One Supreme Father, the Supreme Soul. Through this knowledge, I connect with the goodness in the other soul and my love for the soul is maintained. I realize that this goodness is a deeper reality than the anger. The truth is **that if I can hold this soul-conscious vision steady for long enough, I radiate positive energy to the other soul, which works like magic and awakens the goodness within the other person.** Then, my tolerance bears fruit and peace really does prevail between the two of us.

## Soul Sustenance

### The Power Of The Imagination

The power of the imagination is extraordinary. The imagination is one of our greatest resources. It offers us many options and, with the clarity of our intuition and the power of our intention, we can use it to bring about abundance and success in our lives. It is a matter of using the art of the imagination in a constructive way so that it does not betray us. The imagination should be used for our more healthy and positive intentions.

When the imagination is influenced by our limiting fears and beliefs, our mind begins to imagine the worst; it creates fearful scenes that end up generating phobias and blocking us. Then we turn the imagination into an instrument to create negative fantasies that distance us from what is real. We believe in the fantasies that we have imagined. The imagination has to be used to help us overcome our limitations and not the other way round, which would be when the imagination is influenced by our limiting beliefs and our fears, with which it weakens us and keeps us locked into the cages created by our own mind. From a grain of sand it imagines and creates a great mountain that prevents it from advancing, and this mountain only exists in its own mind.

When the imagination is used in a positive way, it is capable of turning a great mountain, a difficult situation, into a grain of sand.

There is nothing too big that the human being cannot overcome.

### Message for the day

**Where there is the faith that everything happens for the best, you will remain happy and cheerful.**

**Checking:** When things are going wrong, check your thoughts to see if there is any kind of fear or negative feeling. When there is either fear or disappointment you cannot remain happy.

**Practice:** Each day pick out one thing that didn't happen in the right way and see what good has come from that. Make the practice in such a way that you will automatically see the good out of each and every situation. Even if you can't, there'll at least be the faith that things will turn out to be the best.