



## Cheerfulness

Cheerfulness can make any face look beautiful. It is an inexpensive way to improve your looks!

## **Flexibility**

While planning and to-do lists are essential for effective time management, no day turns out exactly as you planned it. Something almost always seems to come up unexpectedly to derail your efforts.

It's just as important to be flexible, as it is to be focused about getting things done.

Flexibility allows you to make the best use of everything and at the same time enjoy everything that the day brings.

So, why not be flexible, adapt to the situation and adjust your to-do list to the changing priorities?

## **The Faculties (Energies) Of The Soul**

When the soul is in the body it functions through three faculties (non-physical entities). Although each faculty (entity) can be given a different name, it is actually the same energy, the soul, functioning on three different levels simultaneously. These are the **mind**, the **intellect** and the **sanskaras**.

**Mind** is the thinking energy of the soul. It is the mind that imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. It is through this faculty that, in an instant, thoughts can be projected to a far off place (one can travel to a far off place on the thought level); past experiences and emotions can be relived or even the future anticipated in less than a second. It is the mind that experiences the variations of moods. The mind is an energy of the non-physical soul, not to be confused with the heart or even the brain.

(To be continued tomorrow ...)

## Soul Sustenance

### Communication (Part 2)

Here are some more **common reasons for blocks to communication:**

\* **Lack of sincerity.** When our thoughts and feelings are honest and respectful, then the hearts of others will open to us. A positive highway of trust is built and communication flows positively.

\* **Creating negative perceptions (understandings) and emotions about others** i.e. how we visualize or label them. Such emotions, no matter how well hidden, are finally always communicated to others on a subtle (non-physical), non-verbal level, and create an atmosphere of tension and unease.

\* **Not letting go of negative perceptions (understandings) and emotions.** The only method to revive our relationship with others is to let go of negativity on a daily basis, to prevent it from building up. Far too often, the build-up happens without us even noticing it and, we wonder why positive feedback is not coming from the other side.

\* **Lack of silence.** To go deep into the self and put our thoughts and feelings into silence enables them to become positive. The silent relaxation defuses (reduces) anger and the blame and complaints that often go with it.

### Message for the day

**To have equality in thought, word and action is to be successful.**

**Projection:** With regards to what I want to achieve, my thoughts are usually high. I then speak about my high plans to others too. But to bring my plans into action it takes a long time and by then I find that they have lost their intensity.

**Solution:** I need to remind myself that if I don't implement my thoughts immediately, I will never do it. I also need to check if the thoughts that I have are practical. I need to then plan and speak about it according to my checking. Then I find that my thoughts and plans are not wasted away, but become practical.