



Transform Negativity

The energies of life come to meet us at every moment. Most come from other people who, are either in the same room or on the flickering, technicolour screens with which we now share most of our homes. The vast majority of these energies are not positive. So how do we handle the 'the negatives', whether it's someone's attitude, their hurtful gestures or our daily dose of world violence and mayhem. There are three cardinal rules. First, do not absorb it - don't be an emotional sponge. Second do not reflect it back. Otherwise you begin a cycle of emotional exchanges which may last a long time. And third, do the one thing which marks us as intelligent human beings - transform it. Even if the scene is a disaster there is some benefit somewhere in it. Even if you are watching two people's beliefs or opinions slug it out to the edge of violence, don't take sides. Instead offer a solution then stand well back. Even if the person hates you, accept their state of being and return the light of love. In time, with patience, it will illuminate their darkness, and return to you by the bucketful! Just wait.

On A Spiritual Joyride (Part 4)

A spiritual childhood is a birth in the lap of God, in which the soul goes through a transformation or change and experiences a new turning point in its life after which life starts giving you beautiful rewards. Rewards like an increase in levels of happiness, a mind filled with peace, lots of spiritual strength, purity in thoughts, words and actions and also change in one's personality. Life starts changing as situations no longer hurt your consciousness and give you as much sorrow as before. Also, the ability to give different shapes or mindsets to your consciousness when faced with different types of challenges in life and overcoming them is something we learn when we take birth as a spiritual child of the Supreme Father and Mother, whom we commonly call God.

Spirituality means a love filled life and at the same time a pure consciousness which means a spiritual love and not a physical one, which becomes a source of happiness and also brings about lightness. A pure and non-physical love also brings freedom from an unstable life in which sometimes there is a lot of joy, but the joy many times brings with it sorrow filled periods. Also, life stops being a roller coaster ride in which there is always insecurity about what will happen next. Also, the different relationships with the one Father of the soul or God fills the self with different types of attainments, which cannot be explained. At the same time these different experiences with God give you a lot of fulfillment and you also love sharing these attainments with others and also bringing others on the spiritual joyride with you.

(To be continued tomorrow ...)

Gratitude

Two words that can improve any relationship: "Thank you!"

If saying thank you is already habitual for you, say it with a renewed feeling today.

If you haven't already done so, then invite "Thank you" into your vocabulary.

It seems like the simplest thing to say, but gratitude and appreciation really does make a difference.

So, thank you!

Message for the day

To choose the right path is to use strengths in the right way.

Thought to Ponder: However fast I run, I will not be able to get anywhere, if I do not choose the right path. I first need to see clearly what I want to do and where I need to go. Once I have decided, I need to use all my strengths to move towards that goal.

Point to Practice: Today I will stop and check if I am moving in the right direction. I will create a small little goal for myself in any one area and work progressively towards that. This will ensure that my energies are being focused and bring results.