



## Introversion

The ability to enjoy one's own company is one of the greatest gifts life has to offer. Learning to turn my thoughts away from all my responsibilities at the day's end and take my mind into a state of peace and benevolence enables me to carry greater and greater loads without feeling the burden. When my inner landscape is full of beautiful thoughts, everything I do is a pleasure. Gently, I calm down chaotic situations and offer solace to troubled minds.

## **Personality Radiation**

Each thought that we create every word we speak and every action we perform is responsible for the radiation of non-physical energy or vibration into the universe; towards other people, to the surroundings or the atmosphere as well as to physical nature. **A very important aspect of our consciousness which influences the quality of this vibration is the intention or hidden meaning behind each thought, word and action.** When the intention is pure, positive and unconditional, positive packets of the energy of peace, love, good wishes, happiness and truth get transmitted. **People who experience this positive energy from us are reminded of their personal positive qualities,** even if these qualities are different from ours, **and get inspired to imbibe the same and put them into practice,** although this may not even be our conscious intention in the first place, but we just have a general pure, positive, intention towards everything and everyone around us. But this giving of inspiration happens automatically. On the other hand, **when the intention is negative and impure, it is as if we bring other people, surroundings and nature down i.e. in a way we absorb positive energy from these entities, instead of filling them.** People, without realizing, will come down from their positive personality state on receiving this energy and become inclined to thinking and speaking against their basic, positive nature; thus it is a negative inspiration. Both are energy exchanges, but one is positive and the other is negative.

The above process happens even when we are quiet, not creating any thoughts and not speaking or performing any actions. **Depending on the kind of nature or personality we have, those types of vibrations keep getting emitted from us all the time.** The higher the quality of the activity inside the mind and intellect during the day and in general in our life, even if they are inactive at a particular point of time, the higher the quality of the energy radiated at that time. It's as if we are constant spiritual energy radiators and radiate our personality all the time, even while we sleep. The purer our personality, the purer this radiation is.

## **Determination breaks the barriers that difficulties create.**

Difficulties do come in my life and I cannot avoid them. When they come I find that they create barriers in my way. When such barriers come my way I am not able to experience progress in anyway and I find myself losing interest in doing things. Whenever difficult situations come my way, I need to remind myself that such situations come my way in order to help me move forward. When I remind myself of this I find that I get the determination to work on them. Only with determination will I be able to work on them to overcome them.

## **Message for the day**

**To see only problems is to become the one who only takes service.**

**Expression:** When there is the practice of seeing only problems in all situations there is the inability to find solutions and act effectively. All the resources that could be used for the benefit of the self and others remain hidden. Such a person becomes dependent on others for finding solutions and a source of pity.

**Experience:** When I am caught up with problems and not able to see anything else, I am unable to experience progress. I find myself moving backward losing a lot of things I have. I would not be able to retain my self-confidence and would become dependent on others.