



Artist: Laura Iverson, Zen Breeze Art Gallery

Live Values

Values are those things, both tangible and intangible, which we care about the most. Most of us demonstrate by our actions that our values are mostly tangible or material. But if we were to reflect for a moment we might find that what we truly value is very intangible. Love, peace and happiness are our deepest values whether we are aware of it or not. So let's experiment. If peace is something you value, then how will you live peacefully today. You experience what you live. So if you want peace in your life...give it and you'll live it. Or do you prefer a bit of anger and stress? We are all artists and it's only when we paint our own life with the innate values of our spirit, which are also our eternal virtues, that we are truly creative. Paint a little peace, love and wisdom into your life today. If you do, and you make it a regular inner activity, the giving is automatic and the living is...easy!

A Powerful Consciousness Of Faith In Critical Situations (Part 2)

Having accepted the reality that negative situations in our mind, body, wealth or relationships will arise in our life from time to time (explained yesterday), a question arises what kind of consciousness do I keep in these kind of situations and how do I ensure that the situation does not overpower my consciousness. Because **only a powerful consciousness of faith or victory will keep me protected from the negative emotional (internal) and physical (external) influence of these problems but will also become the most important influencing factor which will help me in overcoming the problem and going towards the solution or attracting it towards me**, sometimes immediately and sometimes slowly, but steadily, without losing my inner stability during the period that I wait for the solution to arise.

What is a powerful consciousness of faith when faced with a negative situation? ***No negative scene or situation of any type in my life lasts forever and this scene shall also pass and I shall emerge victorious over it using the power of thought, the power of positivity, the power of spiritual knowledge, the power of meditation. Victory is my birthright and it is dead certain.*** This is in short a powerful consciousness of faith.

In tomorrow's message, we shall explain what is preventing us from keeping this consciousness of faith and how we can maintain it in critical situations.

To-Do lists are important.

Often what we have to do overweighs what we have done.

Why not make it more rewarding by keeping a "have-done" list.

A "have-done" list gives you a chance to acknowledge & appreciate your accomplishments.

It also gives you the encouragement to do more.

Look at your "to-do" & "have-done" list, & notice what sorts of tasks aren't making the journey from "to-do" into the "have-done", & work out why. Refine your strategy & bridge the gap between your expectations & your results.

Message for the day

Change is a means to take one forward for those who are positive.

Thought to Ponder: For the one who is not able to maintain an inner state of positivity, every change in life is challenging and sometimes even a threat. Negative situations seem like mountains or a storm come to take away something from me. But in fact, every situation, be it negative or positive is a gift for me to take me forward. I need not be afraid because I know to see the positive aspect, even if it is a small one. I am able to learn and move forward.

Point to Practice: Today I will sit and list out 3 changes that happened in the last couple of years. I will then make a list of what I learnt from these situations and what positive outcomes there were because of that change. I will also keep a lookout in a similar for future situations too.