



Glasses of Seeing Only Specialties

Nowadays it is a fashion and also a compulsion to wear glasses. So wear the glasses of seeing only specialties. Nothing else should be visible. For instance, when you wear red glasses, even something green will appear to be red. So when coming into connection with everyone, adopt the vision of seeing only their specialties and you will become special.

Acceptance

To attain peace when something unfortunate happens, we have to open up to the possibility that there may be benefit and good hidden in that situation. Accept and learn, then your feelings will be positive and you will find solutions. You will have transformed defeat into victory

In-Dependence; Swa-Rajya is our birthright.

Our mind appears to be dependent on people and situations for how it feels. We are living as victims and slaves to situations and people's behaviours. Are we really independent, or living a life of complete dependency, where a single word from a close one can leave us in pain for hours or even years. When there is an external stimulus, a situation or someone's words, we react automatically without being fully aware of the choices we have to respond or of the consequences of our reactions. We think on an autopilot and then blame others for how we feel.

Freedom is being capable of choosing our thoughts and feelings and responding in every situation without being conditioned by external factors or the negative tendencies of our personality.

In-Dependence means dependent only on the **One Inside**. Dependent on the qualities of the inner being, **Soul**, the qualities of love, peace, power and purity. The more we start using our qualities and strengths; we will experience liberation from hurt, anger and pain. The more we become **In-Dependence**, our dependence on outer situations and people will start reducing. We will become the master of our thoughts, feelings, emotions, words and actions. We will take complete responsibility of how we are feeling and not blame anyone for it. This is **Swarajya**, which means **Swa (Self)** par **Rajya** (ruler), ruler over the self, ruler over the mind and sense organs. Each of us has the power to experience this Swarajya.

Let's free ourselves from our old patterns of thinking and behaving, clean past hurt, resolve conflicts, let go of everything that we have held on to which only addicted us to pain.

Freedom is just one thought away. Let's create that thought today.

Soul Sustenance

Forms of Fear in Our Modern Lifestyle

Fear is a feeling that is generated by the lack of knowledge about a certain situation, place or person. In fear, one feels threatened by something real or imaginary.

Fear often shows itself in our lives in the form of stress, worries and anxiety. Stress is connected with feeling pressure, feeling pushed, forced, to meet deadlines, to do more. Having to produce more and more, and having to be better and better at it, generates tensions and worries that arise in the form of the fear of not being able to achieve those objectives or results on time.

The materialistic values of achieving, obtaining, having, accumulating, and ambitions, competing and wanting to obtain a position, generate a lot of pressure and stress. When we are stressed, generally we are overcharged.

We think, talk and react too much. All this affects the mind and body negatively. The worst thing is that it becomes a habit, often uncontrolled, so that the simple habit of stopping and relaxing is not considered a solution. Some even consider it to be a waste of time. You have to do more and more, without stopping.

We have taken on stressful attitudes as part of our daily life. When stress persists, corticoids appear, these are sometimes called the **fear hormones**. When released continuously, they affect our immune system, increasing the likelihood of cardiovascular complications and the risk of cancer.

Message for the day

Regard for others makes them our helpers.

Projection: Working with others we usually find ourselves expecting others to cooperate with us. And sometimes we are not able to get their cooperation. We are, then, disappointed and look for help from elsewhere or seek to change the place of work. But we find that it is just a temporary solution.

Solution: Each and every individual has a contribution to make for every task at hand. We need to give a chance and allow them to make their contribution. This is possible when we provide them with the right environment of love and regard. When we respect them for what they are, they will naturally continue to provide us support and help.