



Being at Peace

We spend most of our time running after things, doing things. We forget that being comes before doing. Those who remember this secret make an effort to "be" and discover that when they stop and observe, life helps and brings whatever is needed. Learning to be is learning to be at peace. It is our most fundamental nature.

Be Yourself

You search for something you know exists because you have experienced it in the past. All your searching ends when you find yourself. You do not need to go anywhere, or to look beyond yourself. Just become what you were before. You fill your life with peace when you discover you only have to be yourself, to be what you have always been - a peaceful being.

Rising Above The Look Of The Other

We have to trust that, being ourselves, we will be well-received and loved by the world. If we are here, why have we been incarnated on Earth? To satisfy the look of the other or to bring what is unique and exceptional in us? We all have two eyes, a nose and a mouth but no face is the same. We are all a being of conscious energy, a soul, but each one has a colour, an art, a creativity and something different to contribute. Let us trust in ourselves and use our talents to bring our difference.

You can be your best friend. Imagine that someone accompanies you in your life, values everything that you do and finds it to be great: what you do, what you say; you are the best; extraordinary; a shining being; a star. Now imagine that you have that person next to you day and night. How do you feel? On top form and you are fine. This happens in relationships. When someone loves you very much, they practically only think about you; they ring you, they send you text messages, maybe they write you letters or emails. You feel unique, special and loved. But this does not last forever and, nowadays, it lasts less and less. The difficulty is that if you depend on the look of the other to feel fine, sometimes you will be fine if the person looking at you does it well, but if not, you won't be fine.

How do you look at yourself? This unconditional friend that loves you so much and that supports you is what you have inside. You can be your best friend. This gives you security and trust. If someone else likes you or doesn't like you and criticizes you, you won't collapse within because to be fine you do not depend on the look of the other.

Soul Sustenance

The Lamp Of Hope

You create the future basing yourself on what you think, feel and do in the present. If you act according to your values, it is easy for you to trust in your destiny. That strengthens your hope that all will go well, and, if it doesn't, you know and trust your inner resources or treasures to be able to deal with things and change. That trust feeds the enthusiasm, the motor energy that, along with motivation and passion, helps us to advance.

When you lose courage and you feel weak, when you feel insecure and do not see with clarity where to go towards, hope lights the way for you to carry on going forward. If you fall, get up again and carry on looking ahead. Don't look back. Don't let your past be a burden that is too heavy and prevents you from advancing. Focus your vision on your objective and on all your potential to achieve it.

Whatever happens, keep the lamp of hope lit. You can. You will achieve it. Change will become reality. You will free yourself from the shadows of fears, blockages and the other limitations that weaken you.

Live each situation as an opportunity. Learn from criticism and failures. On living life as a constant opportunity for personal growth and learning, you keep hope always alive.

Give yourself moments of silence on beginning each day, during the day and on finishing the day, to connect with your inner self. That way your awareness stays awake, the lamp of your hope, your motivation and your values remains lit.

Message for the day

Detachment gives the power to be uninfluenced by desires.

Projection: When we are able to use the power of detachment that is within us, we are able to go beyond the attraction of things even whilst using them. We will be able to be in the consciousness that we are the true masters who use all things as and when needed, while being uninfluenced by them.

Solution: When we find ourselves having a desire we should remind ourselves that we are the ones who are the creators of things. So we are the ones who influence and not the ones who are influenced by the creation. This will easily make us detached from the things that we are using.