



Real Honesty

Real honesty means being true to the best that is within you. This is more honest than simply speaking your mind.

Greetings of peace, light and love from the inner heart.

Wishing everyone a Spiritual Christmas and Blessed New Year.

We needn't rule out the exchange of useful, thoughtful gifts at Christmas, but when we expect something in return, it is not a gift, but a contract. Using this strict definition, we might wonder if all of those packages under the Christmas tree are really gifts.

Rather than giving expensive, perhaps not really useful gifts, there are so many more meaningful things that all of us can give. If you have been a smoker, you can give it up -- not as an act of self-denial, but as a loving gift to your family. It will be a most precious, most treasured gift. If you have been drinking heavily, you can give up alcohol as an act of love. It is a gift that will keep on giving. If you have been overeating, you can start eating nutritious food in temperate quantities, and exercising regularly. It's a beautiful gift for everybody in the family. These are real gifts. - "Words to Live By"

Experiencing Perfection And Success In Role Playing (cont.)

While playing my different roles, another important ability (a few abilities were mentioned in yesterday's message) that I need to possess is to become victorious over the different scenes that I play. What does that mean? **I need to remember that every scene, every act, whether positive or negative, in every role, shall pass.**

No scene or act is permanent. **What happens is that, in a bodily consciousness, each time I am part of a positive scene in my life; I tend to become attached to it and want to hold on it and keep it with me permanently, which is not possible. And each time I am part of a negative scene, I tend to become impatient and want it to get over as soon as possible, which again is not possible all the time.**

As if a few minutes or few days of the scene or act are difficult for me to pass or bear. Positive scenes bring me into a strong, temporary wave of happiness or excitement and negative scenes into a wave of deep sorrow, both of which are incorrect emotions. To make sure that I don't get taken in

by both these waves, which is becoming victorious over scenes, I need to remain detached while playing different roles in different scenes. I will be able to become a master at this detachment, again when I am established completely as my spiritual self.

Separating role and actor increases opportunities for seeing what my role actually demands, and reduces the chances of being unduly influenced by others. **Stepping away from the stage, even for a moment, I'll see more clearly how the other actors in that particular scene are behaving, and what is required of me.** So, in this regard, it's a good practice that at different times of the day, I step back for a few seconds and detach myself from the role that I am playing and remind myself that I am a pure being of consciousness, a sparkling star like energy full of peace, love and happiness and nothing else. This is my spiritual identity.

Soul Sustenance

Crossing Negative Circumstances/Situations (Part 2)

The challenge lies in knowing what the strategy is to learn to live through negative situations without allowing them to influence our emotional and mental state.

In order to achieve that, in the first place, we should change our interpretation. Instead of interpreting the situation as an obstruction, interference or barrier to our path, we need to change our perception. We can ask ourselves questions like: What has this situation taught me? What does it say to me? Remain detached, observe and listen before reacting immediately. From detachment, observation and listening we can have a more practical and wider perception.

We are the creators of our realities. Reality, in itself, does not create for us stress, pain or unhappiness. It is our way of looking and interpretation of reality that brings about these reactions. Therefore, we have to review how we perceive situations and with what beliefs we interpret and judge them. Reinterpreting the situation, the concrete reality,

implies allowing the old perception to die in order to make room for a new vision. Without the old dying, the new cannot be built correctly. Instead of seeing people or situations as obstacles on the path, we can see them as opportunities to practice patience and tolerance, to know how to listen, thank and love. They allow us to widen our capacity to co-operate and enlarge our heart so that we might be more generous.

(To be continued tomorrow ...)

Message for the day

To be fully responsible is to inspire responsibility in others.

Expression: When there is true responsibility, there will be freedom given to others too to be responsible. One's ideas are not forced on to others but there is full freedom for others to make their own choice. Support and guidance of course are given and people are able to become independent and responsible.

Experience: When I have learnt to take up the responsibility of my own life, I am able to become self-sufficient and independent and also constantly be available for those around me to become independent and responsible too. There are enough resources in me for those around to take benefit from.