



Majestic Tulip Farm in Netherlands

## Magic Carpet

Thoughts are like a magic carpet, on which the soul rides across eternity. Rest for the spirit (which is what we are) is when we allow only the current of the purest thoughts to flow through our mind - thoughts which carry good wishes and blessings for ourselves and others. This is not so much going with the flow, as being in the flow, and refreshed by the flow. For when we have powerful, positive thoughts for and about others, who experiences them first?

## Worthiness

Before we get any kind of advancement or promotion in life, we need to have earned the right to it. There are no free gifts in life, nor are there any short cuts to success of a lasting nature. Being worthy of any kind of responsibility requires an attitude of service to others. We earn a right only when we have given cooperation to others from our hearts.

## Stress Management Using Visualization

Often when faced with stress at work or at home, we can feel quite drained (mentally tired). Indeed, we may have noticed how certain individuals or particular situations are draining. We feel as if all our energy has been drawn out of us and it leaves us tired and exhausted. Although this sort of energy cannot be measured in the scientific sense, we can use the power of imagery to stop us feeling drained.

E.g. we can visualize that we are surrounded by a sphere of golden light, so any negative feelings or energies cannot affect us. In a detached way, we can view what is happening and can act suitably, but we are not touched by the stress. This method of using your power of visualization to create protective shields around us can be used in stressful situations e.g. before or during an important exam or an important meeting, interview or any other specific situation.

## Soul Sustenance

### Nurturing My Relationship with Myself

One of the most significant areas of importance in any human's life is that of **relationships**. Someone with very good, close, harmonious and loveful relationships with loved ones, friends, colleagues, etc. is normally considered very fortunate or lucky. **But of all relationships, the first and most basic one is the one I have with myself.** So, how good, close or deep is my relationship with myself? How well do I know myself? Am I my own friend? If I think over the last week or fortnight, how many of my reactions were unexpected or uncontrolled or basically not the right ones? How many reactions left me confused, sad, unenthusiastic, peaceless, depressed, negative in any other way or in short uncomfortable? If there have been several such situations, it is an indication that there are still things deep within me that I do not know.

Normally a friend is someone whose company I enjoy, for whom there is love and from whom there is some benefit. **As in any worldly relationship, without knowing a particular person to the core I can never have a deep relationship with that person.** As the phrase 'spiritual knowledge' implies, it is the knowledge of the spirit or the self. Only by knowing myself completely and having a good relationship with the self, can I channelize my inner potential that I have within myself - just as water from a river, when properly channelized, provides water for various purposes. In any worldly relationship, if enough time and attention is not given to it and it is not nourished, it gets affected negatively. In the same way, though it's obvious that I have to spend a large chunk of each day involved in situations arising from my duties, routine activities, responsibilities and worldly relationships; my relationship with myself should also be given enough time and attention, so that it does not suffer. If I am not careful about that, my worldly life may use up my energy completely and discharge my inner battery. **I need to find times in the day when I give time to my relationship with the self and recharge myself. The peace and happiness I long for internally will be obtained by having a good, positive relationship with the self.**

### **Message for the day**

**To be able to bend means to be a giver.**

**Projection:** There is usually a demand from situations for us to bow and bend. Even when it is not our mistake we are expected to understand or adjust. It seems very difficult at that time and we usually stand straight continuing to do what we believe in.

**Solution:** When such storms come in our life, we need to learn the art of bending, just as a flexible tree would bend to save itself in the storm and straighten once the storm passes over. To bend means to try to understand the other person also and to adopt the value of flexibility.