



24 million years ago. That's how long ago the formation process of the Zhangye geopark took, meaning that the Danxia landforms date back to the Cretaceous age.

Your Best

As you do, so you become. Every action that you perform is recorded in you, the soul. These imprints ultimately mould your character and destiny. When you understand this principle, you will pay more attention to bringing your best to everything you do.

The Energy Of Give And Take In Relationships

Love, more than any other virtue, is an extremely positive energy; it is an invisible prime mover and foundation of each one of our lives, a source of motivation and inspiration. People lacking love in their lives are normally lesser motivated and happier than those who have positive and healthy relationships full of love and an immense amount of love in their lives. **But when the same energy of love, possessing immense positive potential, is negatively focused and is not used correctly, it leads to many dependencies which are negative in nature.** How?

When you love someone, that could be your parents, your spouse, your children, your siblings, your friends, any relationship for that matter; there is a invisible and positive emotional and mental attraction between you and that person which keeps you connected to him/her, but **the moment the love turns into attachment and becomes a dependency, that person starts dominating and controlling your inner world of thoughts, feelings and emotions and your mental and emotional freedom is lost.**

It is as if your inner world succumbs to the influence of the other person and you are no longer yourself. Everything that goes on inside you and that comes out of you has an impression of the other. This kind of love is not empowering, energizing and healing, because in this kind of love, over a period of time, desires, wants and expectations from the other start emerging. All these emotions place you in a mental mode of taking instead of giving. **Also in such a kind of love, where love is mixed with a desire to possess, over a period of time you start wanting to control the other.** From this control, you start exercising a power to influence the other.

At first you are under their influence. As more attachment builds up, this is followed shortly by your desire to bring them under your submission and influence them. That way, you feel that you have them and that they belong to you. This is love that wants to take and not give. In this kind of relationship of love, there is suffering and sorrow. Even if joy exists, it is extremely short lived. **Unconditional love or love that only wants to give and not take or expect, strengthens and is healing, it never hurts or inflicts pain on the other.**

Soul Sustenance

Rising Above The Expectation Of Praise From Others

Sometimes, we get offended or ill almost on purpose in order to receive special treatment. Out of a lack of self-esteem and insecurity, we depend on the appreciation and affection of the other, for them to value us, praise us and always to speak kindly to us. Even though they have given us many signs of appreciation, if for a few days they give us none, our inner world or our self-esteem collapses. We become dependent on what others do, or don't do, in relation to us, whether or not they nourish our self-esteem, and then what happens? We are always waiting for the other to give us something when in reality we can give it to ourselves.

Spirituality makes us experience our internal treasures of bliss, happiness, love and power. It makes us aware that we are givers, emitters and radiators of these qualities rather than takers. This consciousness helps us rise up above the above discussed dependencies and remain seated, stable on our throne of self-respect.

Message for the day

The one who is responsible is the one who constantly has good wishes.

Expression: To be responsible means to recognise the importance of one's own role. That means there is the understanding that others' transformation is dependent on one's own transformation. When there is the recognition of one's responsibility, there is naturally alertness. This alertness brings good wishes for even the ones who are not being positive.

Experience: When I am able to maintain good feelings for all those I come into contact with me, I find my relations gradually improving. I also find that I am ready to take up the challenge of changing myself before I can think of changing others. Due to this, others continue to take inspiration from me and bring about a change in themselves too.

Identity Crisis

In Child Psychology, there is a concept called 'identity crisis' often associated with teenagers; as they move into adulthood they sometimes become perplexed with life: what are they to do in the future, are they mere images or extensions of their parents and family, what is their identity as a human being etc. If they do 'find themselves' they carve their own niche, and are able to achieve their goals. If not, they go on with life nonetheless but with a constant inner search. The biggest gift God gives us is to know and love ourselves honestly. That knowledge that we are spirits, souls, and practice of soul-consciousness outweighs any other spiritual teaching in the world.