



Content

Those who have a high degree of self-esteem can easily remain content.

Respect

There is always an expectation of getting respect from those around. The one who is totally dependent on others for their own sense of well-being tends to react to situations, even if they are very insignificant ones. On the other hand, the one who is able to give respect to the self gives respect to others too and so gets respect himself. When we are able to see our own specialties we are able to have respect for ourselves. Then we are not dependent on external sources for our inner state of mind. We remain free from all external influences, and are able to become a source of influence for those around us. We constantly enrich our own internal state with each thing that happens.

Realizing Our Natural Nature Of Peace

If we look at nature, we will notice that everything in nature - plants, flowers, etc. do everything they do peacefully - they grow, flourish, decompose and die in peace. We get an obvious impression from them that peace is their natural nature. Even the five elements - earth, wind, water, fire and sky are mostly peaceful by nature. It's only when we try and exercise control over them and interfere with their balance that they lose their peace. **Most of us, irrespective of our age, even in these stressful and hurry filled times, act peacefully and express our peaceful nature in relationships by means of peaceful thoughts, words and actions, unless something is wrong in the relationship.** We instinctively like peaceful relationships. If something is wrong in a relationship and it lacks peace even to a small extent, we do not feel good or comfortable about it. All this proves to us that **we, like nature, are essentially peaceful by nature.** That is our basic personality.

Most of us have, at some time in our lives and even more frequently in the case of many of us, experienced and expressed our peaceful nature. It's so natural, we are not even consciously aware of it. What we are more aware of is when we are distanced from the natural i.e. we are unnatural - worried, scared, irritated etc. But these unnatural phases always pass and we finally return to our peaceful self. There are some people who are permanently

grumpy and tight with someone or the other, because of something or the other. On some days we also feel as if we are continuously living on the edge and continuously succumbing to frustration and anger. But even then, **away from everyone's eyes; everyone, the compulsive angerholic (one who cannot live without anger) and you also, will, at some stage, look inwards, relax and have an inner personal spiritual retreat in which they will find relief by experiencing their true nature of peace.**

Soul Sustenance

Becoming Responsible For My Destiny (cont.)

Factors like any particular person, a group of people, the government, nature, even God, etc. cannot be held responsible for **what has happened to me in my life, up to this moment.** It is my and my responsibility alone. Equally, what my **future** holds depends on me to a very large extent. Rather, **whatever I choose to do at this moment is already creating my destiny for tomorrow.** I shouldn't forget that the only real time I have for creating my future is the present, now.

Karma teaches me that at every step, I am the creator of my own little world, the creator of my future circumstances. **I also am the creator of the environment immediately around me. On a bigger level I am a co-creator or partner, together with God, of a positive future of the world, of the world of tomorrow, of the world of peace, love and happiness.** So my responsibility and my ability to influence the future is not restricted to my life alone.

That I can create the future of my choice - of love, peace and happiness, for myself and others, can appear as unreasonable optimism. It's just being realistic. What I create is what is going to happen. If I choose to transmit love and peace in my interactions with others today, I create relationships, in the present and for the future, based on those qualities.

Message for the day

The one who is free from desire is the one who is able to maintain positivity.

Projection: When we put forth our ideas to others we expect them to listen to us. Our idea changes to desire and when it is not accepted we then tend to become irritated. And along with it comes jealousy or dislike for the others and we find ourselves caught up in negativity.

Solution: We need to make sure that we share our ideas with others but at the same time we need to keep ourselves free from any selfish motive. When we put forth our idea in a detached way, we too will be open to learning and we will be able to accept any criticism or rejection that comes our way. Thus we will be free from negativity.