



## Serenity

Your serenity is based on taking responsibility without taking blame, and letting go without giving up.

## Drama

On the stage of life, be both actor and audience. Detaching yourself from the roles you play will help you get in touch with the part of you that is not an act.

## **Meditation to Discover Your Inner Beauty**

Given below is a meditation to reflect on and experience the original qualities and virtues of the soul. When you are in contact with these treasures, you begin to shine.

Create a space within you. Sit down and go within. Look at your being in a different way. Look at what beautiful things you have within, and learn to recognize them.

I allow my body to relax ... I breathe gently and deeply... My physical senses relax ... I can feel more and more how my body is calming down... I direct my attention to within, as if I was looking through a window... I discover a silent space... tranquil... calm... Here I feel safe from any outside influence... I can feel the silence ... My mind is quietening... it becomes silent and peaceful...

The expansion of my thoughts fades... I concentrate on my true being... The lake of my mind is serene... clean... transparent... Everything is clear ... I can feel my own presence... I feel the pure energy of my being... I am shining like a beautiful star of divine light at the centre of my forehead... My original qualities like bliss, love and purity begin to shine at the heart of my soul, like a fountain of water that comes from a spring... I begin to recognize these treasures that rise up within me...

I concentrate on them and make them emerge, feeling that I am those qualities... I am a spiritual being... I am a being of light... I shine and sparkle with unlimited peace, happiness and love... I feel the peace... I am at peace... I am a being of peace... I feel the love... I am a being full of love... of good feelings, of acceptance towards everybody... My heart is strong... I feel that I am a being without limitations... with great strength... I glimpse what I really am... a being of authentic light... strong... radiating this light towards all people... towards the whole world... I stay in silence ... and I smile.

### **Soul Sustenance**

### **Forms of Fear in Our Modern Lifestyle**

Fear is a feeling that is generated by the lack of knowledge about a certain situation, place or person. In fear, one feels threatened by something real or imaginary.

Fear often shows itself in our lives in the form of stress, worries and anxiety. Stress is connected with feeling pressure, feeling pushed, forced, to meet deadlines, to do more. Having to produce more and more, and having to be better and better at it, generates tensions and worries that arise in the form of the fear of not being able to achieve those objectives or results on time. The materialistic values of achieving, obtaining, having, accumulating, and ambitions, competing and wanting to obtain a position, generate a lot of pressure and stress. When we are stressed, generally we are overcharged. We think, talk and react too much. All this affects the mind and body negatively. The worst thing is that it becomes a habit, often uncontrolled, so that the simple habit of stopping and relaxing is not considered a solution. Some even consider it to be a waste of time. You have to do more and more, without stopping.

We have taken on stressful attitudes as part of our daily life. When stress persists, corticoids appear, these are sometimes called the **fear hormones**. When released continuously, they affect our immune system, increasing the likelihood of cardiovascular complications and the risk of cancer.

### **Message for the day**

#### **Regard for others makes them our helpers.**

**Projection:** Working with others we usually find ourselves expecting others to cooperate with us. And sometimes we are not able to get their cooperation. We are, then, disappointed and look for help from elsewhere or seek to change the place of work. But we find that it is just a temporary solution.

**Solution:** Each and every individual has a contribution to make for every task at hand. We need to give a chance and allow them to make their contribution. This is possible when we provide them with the right environment of love and regard. When we respect them for what they are, they will naturally continue to provide us support and help.