



Learn To Create Love

If I limit the love I give to just one or two, it will eventually go stale. If I learn to create love inside my heart and silently give it to everyone I meet, love will grace every corner of my life.

Playing My Part As A Hero Actor

While just as beings we reside in the soul world, as human beings we play our many roles through many physical bodies in this beautiful world drama on this amazing, colorful and round stage called planet Earth. Each day is filled with multi-million scenes in different locations on this very big stage. Some scenes are directly related to us, some indirectly and a lot many aren't related at all. **Each scene that we are directly involved is an opportunity to not only play our role in the best possible way but also as a result shape the role in the most appropriate way possible. Therefore, we are all hero actors who by playing our roles as well as possible, create the script of our own life i.e. create our own destiny.**

And do remember doing this has a positive influence on others' scripts also, which rebounds back to us and in return helps us in our making our scripts better. While we have been given a role to live the entire birth right from childhood to old age, we possess the power, the remote control to dictate and control as to how exactly we will live the day, the year and each year of our present birth, our present role. Each day offers us multiple options as to not only how we act but also how we respond to the world around us and our script or destiny gets shaped up according to the options we make. **Our destiny is decided not by what happens to us or around us, but by (i) how we act (sometimes the actions are responses to external events and sometimes they are not) and (ii) how we respond to a million events and circumstances which we encounter as we make this complete journey of life.**

(To be continued tomorrow...)

Soul Sustenance

Crossing Negative Circumstances/Situations (Part 1)

There are periods of life in which it seems to us that there is someone or something who gets in the way of our path. Circumstances, instead of going in our favor, go against us. They are barriers that make it difficult for us to reach our objectives; they are interruptions that prevent us from feeling satisfied; they are situations that seem to reduce our feelings of success.

When we find ourselves with these scenes that appear to block our progress towards the aims and objectives that we have set out for ourselves, we tend to have negative thoughts; we feel anger and rage, or we feel sad and unenthusiastic, as if we don't have the strength to either overcome or transform the situation. Rather it is the situation that overcomes or overpowers us and leaves us exhausted. Some people are not prepared for this to happen and put all their strength into fighting the situation. They do so with feelings of anger, revenge and injustice. Often it becomes a process that wastes their energies and leaves them exhausted, without achieving a true solution.

It is possible to live through situations without them causing such an emotional energy loss. That does not mean that we become cold and insensitive to what happens around us. **It is a question of living through situations without drowning into them. If we drown ourselves in them we won't be able to help others or ourselves.** We will be lost, like the shipwrecked, at the mercy of the waves, the tides and the winds. We will have lost the control of the steering wheel of our ship – our life.

(To be continued tomorrow ...)

Message for the day

To have a big heart means never to be disheartened.

Expression: To have a big heart means to have good wishes constantly for others and to enable others to move forward through this. Even if someone with negative characteristics comes in front, there are no feelings of negativity as there is the power to accept and recognise their specialities.

Experience: I am able to be beyond confusion and doubt when I have a big heart. I am never caught up with the problems but am very easily able to find a way out. I am never disheartened even when I encounter the negative aspect of someone. Instead I am able to very effectively and smoothly come out of the situation.

Responsibilities

Our children, our work, are they a burden or a responsibility? If our responsibilities become burdens then it would seem that we are not content with our circumstances, and are hoping for a change. For things to be different there has to be a change whether in a gross way like change in location, or in a subtle, more meaningful way - change in attitude. For e.g. if you are given a job and told to complete it in 15 minutes with no reason given for the job, your responsibility becomes a burden. Then you find out that the work is for a person whom you are extremely fond of, your attitude changes and your responsibility is no longer a burden; out of love you will finish the work faster.

With change in attitude there is improvement in every situation. Sometimes it only takes a thought to create a change in attitude, it is like a key. We often forget to use the keys we have. See how many keys you have to unlock the treasures of personality and use them as required. It is better to have responsibilities than burdens.

