



Letting Go of Sorrow

If I allow bitterness and resentment to fester inside, it will make my relationships guarded and unsatisfying. The more I close down to others, the more I become a stranger to myself. By letting go of sorrow and negativity, I can keep my nature open and loving. Remaining open to life, with its constant adventures and opportunities to grow, is the only way to reach my full potential.

Free from Waste

In order to be the best, it is important to be free from waste. Even a drop of something negative spoils the taste and utility of something positive. In the same way, if I want to make my thoughts and life beautiful, I need to keep myself free from waste and negative. To be the best, I need to free myself of waste. Today I will check if I am free from waste. Whenever I catch myself spending time and energy with anything waste, I will stop, check and change. This will keep me positive throughout the day.

A Simple Definition Of Contentment

If one was asked to define contentment, how would one do the same? A very simple and easy to understand, definition of contentment, is:

"At the present moment:

- * wherever you are is wherever you are meant to be,
- * whatever you are doing is whatever you are meant to be doing and
- * whatever everyone else is doing is what they are meant to be doing."

To experience constant contentment, we need to become aware of all the things that make us discontent (dissatisfied) and free ourselves from those things (ideas, opinions, objects, people). We don't have to reject them or distance ourselves from them, but a detachment from them, a detachment at the level of the consciousness that will bring back our inner freedom. Detachment is then accompanied by the experience of a deep, inner awareness of satisfaction and stillness, because you stop being dependent on anything or anyone outside ourselves.

It is highly unlikely that we will arrive at this deep state of fulfillment very soon - though we may touch it and experience it temporarily. It is only by understanding and accepting completely that everything is the way it is meant to be at every moment, both outside our minds and inside our minds that we move closer to being content.

Soul Sustenance

A Parallel Between Physical And Spiritual Energy

Energy is neither created nor destroyed, but transformed into other energy forms. Energy follows a direction in its constant movement. In a spontaneous way, it tends to go from a concentrated state into a state of expansion. For example, after a while a full glass of hot water goes cold. This is a law of physics according to which all things tend to go from a high-energy state to a low-energy state. Applying these principles to the area of our conscience, our thoughts and feelings, we can discover similarities to these laws. When our thoughts (which are metaphysical (non physical) energy are focused on the outermost layers of our conscience, towards the external world (objects, possessions, people and so on), our creative capacity decreases, weakening us on entering into this expansion and not having sufficient power (concentrated energy) to take on negative situations and circumstances that we are faced with.

On the other hand, if we focus on our intrinsic, original and genuine qualities (peace, love, power) we accumulate more energy and our inner strength can grow. This means that we are capable of creating, of having more willpower and, therefore, strengthening our self-esteem. Positive thoughts are a high-frequency vibration that transports a great deal of concentrated energy, capable of influencing the atmosphere and the consciences of other people in a subtle way, transforming any negative vibrations. Negative thoughts are a low-frequency vibration that causes the energy to become dissipated. They weaken and block communication. They destroy harmony (peace).

Message for the day

To be prepared for obstacles is to remain cheerful under all circumstances.

Projection: Generally there is always a wish not to have to face any obstacles. When we begin something new we usually have a thought to have things going perfectly well. So when obstacles do come we are not prepared and we experience dissatisfaction and sorrow.

Solution: Whenever we start something new we need to prepare our mind that we are sure to be faced with obstacles. Along with it we also need to understand that these obstacles actually teach us something new and it is only with such situations we can learn and progress. When we have such thoughts we will be able to remain cheerful under all circumstances.