



## **Readiness**

Worrying about how everything will get done or whether I am capable of doing it limits my ability to respond to challenges considerably. The less I think about doing something, the faster I just get on with it, the fewer problems I cause myself. Good planning is always helpful, but time spent fretting and just procrastinating is a major drain on my energy. The more willing I am to respond positively to opportunities the more my capacity will grow.

## **Freeing Oneself from Hatred (cont.)**

**To free yourself from hatred, you will have to take four important steps:**

1. Understand that hate is not healthy. When you have a feeling of loss you feel sad. This feeling of sadness, because of the situation, generally gets created inside you before the feeling of hate, anger or frustration. Understand your emotions by observing them closely.
2. Accept that you are responsible for your own rage.
3. The other is free to act as they like, you can't change them, but you can improve your response.
4. Be prepared to observe, challenge and change the beliefs and perceptions that you base yourself on and that create your emotional pain. Some of these beliefs give force to your rage and block your learning. For example, when you think that it is good that you are angry, the belief is that to feel rage is the natural and normal reaction amidst certain situations. Another belief is that anger causes the adrenaline to flow in you and you consider that it is a healthy addiction, that it makes you feel alive, that having sudden surges of adrenaline makes you feel energetic and strong. You use any excuse to feel bad and, thanks to that excuse, your level of adrenaline rises!

Emotional suffering indicates to you that you have to change something in you, but you don't change anything. You ignore the messenger and the stress that you create continues to grow. Finally, it turns into such a habit that, if you relax and de-stress, you feel uncomfortable! You have got used to your stress. Become aware of the need for you to evaluate your beliefs and their impact on your life. That way you will be more prepared to change and improve your habits. This is the first step to achieving it.

## Soul Sustenance

### The Principle Of Focus and Flow (Part 2)

With reference to the sun and the earth (explained yesterday) - in certain situations and moments we need **focus** (like the sun), that is, a concentration of **thought, will power and understanding**. These three need to be together in one focused point if we are to reach depth and newness. However, if we become over-focused, then rigidity and pressure gradually set in. This subsequently leads to an imbalance that makes us lose our creativity and openness to new vision. Once we have learnt to focus, then it will require less effort and, eventually, the flow (like the earth) will become natural.

In **focus**, we find **vision, inspiration and understanding**, and in the **flow**, we find **expression, experimentation and experience**.

It is important not to over-flow, otherwise we get lost in a flood of over-thinking, over-speaking and over-doing. In such a state, there is no direction to guide the expression and things become unclear and delicate. At such a point, we need to recognize that it is time for focus again.

According to necessity, a human being needs to move between focus and flow and it is only through the ability to discriminate, that we can know when and how to do this. Everything has its time. We are eternal beings working in time, so we need to know the balance between **focus** - where we find truth and purpose - and the **flow** of time - where we find expression and experience.

## Message for the day

### To recognize one's own uniqueness is to respect oneself.

**Expression:** To have respect for oneself based on other people's opinion or situational achievements is to have respect temporarily. True respect for the self is based on the recognition of the fact that every individual is unique with its own set of unique capabilities. This understanding enables one to see one's own uniqueness without being influenced or without comparing with others.

**Experience:** When I know to recognise and appreciate my own uniqueness and respect myself on this basis, I am able to be free from ego or a feeling of inferiority. I am also able to recognise naturally the uniqueness of the other person and respect him for it. Thus I am able to win the love and respect of others too.

### Seeing Specialties

When we come into contact with others, it is easy to see their negativity or weaknesses. Then through our words and attitude, we repeatedly remind them of their weaknesses. So we tend to become a reminder for others for their own negativity. This in turn negatively influences our every interaction with others. Making others aware of their specialties and subtly encouraging them to use these specialties is a great help that we can do for others. When we are able to give this unique help and cooperation, we not only find benefit for others, but we are also able to get the good wishes of others. Even others naturally become positive with our positive attitude.