



Heart shaped Lake Astore Gilgit Balistan

Silence

Silence calms your heart. It is a balm that heals the wounds of the soul. It strengthens the spirit and takes you to a world without sound where peace reigns.

Value of Time

For the one who knows the value of time, each moment is valuable to be spent in a worthwhile way. There is an expression of the inner potentials and powers with each passing second. Not a moment passes by without recognizing its worth. When I know to value the time that is in my hands, the present, I will neither be caught up too much with the past nor with the future. I will be able to enjoy this moment and so there will never be a dull moment in my life. I will be able to bring constant progress with each passing second and experiencing success constantly.

Fears And Dependencies In Relationships (cont.)

With dependency in relationships (as discussed yesterday) we enter into an energy of pleasing others so that they might continue to appreciate us. We base our self-esteem and personal security on the appreciation of these people. We stop acting in a natural, free and spontaneous way because we are worried about pleasing the one from whom we are taking mental, emotional or physical support.

Into this energy of dependence enters fear: fear of losing the support of that person, fear they will get angry, fear that they might not like us any more, fear that they might reject us, etc. That fear is a signal that warns us of our emotional weaknesses and of our lack of self-esteem. Fear brings on a greater inner insecurity, which makes us carry on holding on to that dependence.

There are people who, after entering into a energy of dependence and suffering because of it, leave that relationship with the objective of freeing themselves from the pain it brings about in them. Then they begin another relationship, where they generate the same energy. The solution is not in a change of relationship with another person, although on occasions that might help us. If we don't change this energy internally and if we don't learn to have a solid base of self-esteem, we will continue to depend on the appreciation and affection of others in order to appreciate and love ourselves.

Soul Sustenance

Understanding What Is An Angel (Part 2)

In Christian mythology, angels are commonly shown as small children with wings – this is symbolic of the fact that angels are very innocent and pure, untouched by vices like anger, greed, lust, ego, hatred, jealousy, etc. (so are children). The purity of an angel is depicted in mythology in the form of an aura of subtle light or a halo around the head.

An angel's love for humanity is unlimited, yet it is completely detached as the Supreme. **An angel experiences that whatever comes through it in the form of thoughts, words or actions has the effect of blessing other souls, as if it is able to perceive or judge immediately or instinctively what each soul needs and cater to their needs.** This act of blessing others is depicted in the form of a magic wand. Angels are commonly shown with magic wands in their hands, with which they shower blessings on others.

An angel's thoughts, words and actions are all serving others. An angel is a lighthouse, might house, connected with the Supreme; it radiates the spiritual rays of light and might, the love, peace, happiness and power of the Supreme Soul, to others.

Message for the day

Perfection comes when there is positivity in thoughts.

Expression: When we are faced with any weakness of ours, we usually think about it so much that it is totally blown out of proportion and it seems bigger than it actually is. This leads to negative thinking, which in turn doesn't let us work on improving ourselves. We will then just remain the way we are, not being able to bring about progress.

Experience: What we need to do in order to win over our weakness is to change our focus. Instead of thinking about the weakness, we only need to think, "I am not perfect yet, but I am working towards it and I am slowly improving." With such positive thoughts, our negativity will finish.

