



A Calm Mind

Don't give your mind permission to get disturbed. A disturbed mind is easily influenced. This will cost you your peace. Learn to maintain your peace by freeing yourself from attachments. Competing or comparing yourself with others will not allow you to focus inwards. An inner focus allows you to keep your eye on your higher self. Remember your original nature. It allows you to forge a link with the Divine. Then it becomes easy to recognize useless thoughts and replace them with a spiritual perspective. A calm mind is not just peaceful, it is focused, self-directing and divine.

Listen and Learn

It is a normal habit for all of us to talk more and listen less. We always want to put forth our ideas and don't have the patience or the inclination to hear what others have to say. Because of this we are not able to learn but continue to do things in the same way as we used to. In order to be able to learn we need to be open and listen from everything that happens. The more we are able to listen, the more we are able to learn, because each situation and each person has something new to teach us. When we continue to learn we continue to experience constant progress.

Maintaining Your Self Esteem In Relationships

When a person is in love with another human, the marvelous thing about being in love is that it is a totally positive projection. There is a person who projects on to you all that is positive: you are marvelous, you are unique, you are indispensable, you are a treasure. That positive projection generates a euphoric state, of bliss, of wellbeing, whereby you are flying. You feel loved, cared for, needed and valued. That positive projection lasts for a time until, with the dependencies and expectations, the negative projection begins. "You should have called me, you should have told me, you should have come at this time, you should be more like this, you should be less like that, you should have done this or that."

With these expectations, demands and dependencies, that positive projection and flying state disappear. The other has started interfering in your personal space and the harmony that was there previously is lost. **One needs to learn to have a positive vision of oneself.** You are marvelous, you are unique; don't depend on them telling you so. This does not mean you need to feed your ego, but that you need to make the most positive emerge from within you. **Resort to all your creative, positive, spiritual capacity, so that you do not depend on others having to project positive things onto you in order to feel good.** On feeling good in an independent and autonomous way, you will be able to share with others peace, love and positivism. You won't be in the state of a victim but will be true rulers and controllers of your own life with solid self-esteem.

Soul Sustenance

What is Will Power?

The expression **will-power** is often used to refer to our ability to put into practice the ideas we know to be for our well-being and to resist actions (*karmas*) which are harmful. This is directly related to the soul's intellectual strength. When we speak of weakness or strength in the soul we are referring to the intellect. In the case of a weak soul (one with lower **will-power**) it is almost as if the intellect plays no part in determining which thoughts arise in the mind, but they come as if pushed by the *sanskaras* (mainly in the form of habits) or are triggered by the atmosphere around or the moods of others. On the contrary, a powerful soul (one with higher **will-power**) enjoys the experience of its own choice regardless of external stimuli (influence).

Rajyoga meditation develops the intellect to such an extent that this degree of control is possible. A practitioner of Rajyoga meditation can be in the midst of a situation of intense disturbance, yet remain so unshakeably calm that the inner strength becomes a shelter and inspiration to others lacking in that strength. The weak soul is like a leaf at the mercy of the storm, the strong one, a rock in the face of a rough sea.

Message for the day

Success comes to the one who understands the importance of time.

Projection: When we are working at a task, success doesn't come as much as it should because we have not been able to recognise the importance of time. Because of this sometimes carelessness sets in which makes us lose valuable time and interferes in what we are doing. Then we cannot give our best to the task.

Solution: We need to recognise the importance of time so that we never postpone what we can do now. We will then always have the slogan 'now or never' in our mind. Knowing that what we can do now, we cannot do it as well in the future, we'll give our best to all we do right now. This will enable us to use our time in a fruitful way and success will come very easily to us.

