



### **Peaceful Mind**

Learn how to keep your mind peaceful by feeding good thoughts to your mind. Let your mind rest.. let it be restful... not restless. Remember: my mind is my own. I mustn't let my mind cause me distress. I cannot slap my mind (suppress the mind) – I have to give it love. By giving your own mind love you will make it peaceful.

## Lightness

We can only feel comfortable adapting to new situations and different ways of doing things if we are light and easy. We often resist new ideas from others or changing circumstances because we harbour jealousy, mistrust or resentment. Letting go of such negativity, we begin to see with a positive vision and can embrace new scenes in life with a sense of openness and adventure.

### Improving The Quality Of My Actions (Part 2)

#### **Karma performed for the self**

If I, the soul, am the master of my body, then I have to look after its upkeep. **The consciousness with which I feed and take care of the body has to be such that my actions don't bring me into further attachment to it.** They have to be of such quality that they bring me closer to God and help to reduce my bodily ego or the pull towards physical desires. I have to work, cook, feed and wash the body but these activities can be done in such a way that they bring me closer to my destination of perfection, of freedom and of liberation.

#### **Karma in our relationships**

There is specific energy that drives all relationships - that of credit and debit, give and take. These are the so called karmic accounts that have been created in the past (either in this birth or previous births) and which now determine the quality and quantity of all our interactions and their results, in terms of joy or sorrow, in all our relationships. It's not necessary to find out exactly what the karmic root cause of a problem in a relationship may have been. A very simple guideline to improve the quality of our interactions is:

**Rather than take, let me give, so there won't be any further debts.** Whether it is colleagues at work, family relationships or friends, let me see if there is a way in which I can fulfill my responsibility with integrity and honesty. If I am not doing that, if I am moving away from my responsibilities, I am adding to my karmic burden. **In what way can I give or serve, so that there is no longer conflict, tension and struggle but just sweetness and respect in my relationships?**

(To be continued tomorrow ...)

## **Soul Sustenance**

### **A Message On Christmas**

#### **Its Christmas once again, the time to celebrate.**

As we decorate the Christmas Tree, let us remind ourselves.

The tree is a symbol of humanity.

The trunk is when we were all united in one religion of peace, love and truth.

We then divided into branches of different religions and then each religion divided into twigs.

The leaves of the tree represents each soul of humanity.

The Shining Star on top, is God who is now giving us the message to unite once again.

As we decorate the tree, let us decorate the soul with virtues of compassion, forgiveness and trust.

Santa Claus, symbolises The Supreme God Father, who comes in these times of darkness, into the dirty old world (chimney), to give us gifts of Purity, Power and Peace.

#### **Christmas is the time of Angels.**

We have always looked for our guarding angel, one who would always be there for us, guide us and love us.

Today let us start becoming an angel instead of looking for angels.

When we remember our original nature of love and purity, we accept each one as they are.

We love them and our love and acceptance protects them and empowers them.

We then become an angel to them,

An angel who is a parent, a spouse, a boss, a friend.

When we live by our virtues, we are angels to each one around us.

## **As we celebrate Christmas let us remember what Christ lived for - Love and Forgiveness.**

Why is it so difficult for us to forgive others? Sometimes, even years after a certain incident; sometimes, even after they have apologized; Why?

When we forgive someone, we actually do ourselves a huge favor because through forgiveness, we release all the negative thoughts, emotions and energies that we are holding onto in our anger.

Replaying the moment again and again in our mind, we torture ourselves in so many ways. It hurts us more than them, when we don't forgive.

So even if you do it for the most selfish of reasons, go ahead and forgive.

First, forgive yourself for holding onto the grudge for as long as you did.

Then, forgive the other person.

### **Message for the day**

**Where there is zeal and enthusiasm, success is guaranteed.**

**Expression:** If you are not able to experience success in all that you do, check if you are filled with enthusiasm or not. Also find out the reason for not being enthusiastic. This helps you to realize and overcome your weakness.

**Experience:** In order to increase your own enthusiasm throughout the day, create an aim for yourself and see that you work towards this aim each day. When you find yourself progressing towards the aim you will become enthusiastic.