



Get More Out of Sleep

Sleep is part of our lives. So why not improve the quality of your sleep!

Make simple changes that work best for you.

Here are a few tips to get more out of sleep:

eat a lighter meal earlier in the evening; exercise early; give yourself 'no screens', 'no phones' 30 minutes before bedtime.

Inner Eye

Life means change, movement and growth. When the storms of change and inconstancy are swirling around us, we need the inner eye of stillness and stability to give us the inner strength to cope. It provides us with the platform for clear decision making and powerful thoughts.

Anchored in the eternal unchanging truths of spirituality, we need not resist change but can embrace it.

Cooking And Eating With A Spiritual Touch

Nowadays, we are continuously bombarded with details about the physical aspects of what we eat and the effects that different ingredients may or may not have on us, and naturally this is important. But in this heap of information, we tend to overlook one crucial factor: the consciousness (state of mind) of the person cooking and the effect that this will have upon the food, and thus also on those who eat it. A cook not only prepares food in

a physical place, but also in a spiritual or inner space. And just as the physical surroundings are best kept clean and in order, so should be the state of mind of those in the kitchen. A simple and familiar example of this concept at work can be seen in the way that home cooking, especially that of one's mother, holds a special place in our hearts. The love and care with which it is prepared sometimes gives us more joy than perhaps food eaten in a restaurant setting where food may be prepared with greater cooking and technical skills but where negative emotions related like anxiety, arrogance, stress, and greed (in the business like restaurant environment) may affect the energy of the food cooked over there, on a subtle or vibrational (non-physical) level.
(To be continued tomorrow ...)

Soul Sustenance **Understanding Anger**

What is anger and why does it happen? It's simple. Anger is a response to **someone** who does not do what you want them to do, or who does do what you do not want them to do. That someone could be one individual or a group of individuals. It could also be **something**, where a certain situation has not happened the way you wanted, needed or expected it to. As we watch the world events we become angry at the actions of one nation towards another, one group towards another, a few towards many, and many towards one etc. This is because a) we are attached to the way things are b) we identify with the pain experienced by one side and feel that pain ourselves (in fact we create it in sympathy) and our response is to become upset. Anger is the emotion. What we do not see and realize is that we only hurt ourselves, and we cannot help others who are suffering from their own anger, when we ourselves create anger in response.

Message for the day **To have love for God means to be protected from weaknesses.**

Expression: To have love for God means to have love for the perfection that is present within each and every individual, which means to be able to recognise and relate to everyone's specialities. When this is done, automatically one remains free from one's own weaknesses and fears and also from looking at the imperfections in others.

Experience: God's love frees me from all worries and concerns. There will be that close connection with God that will enable me to feel light and easy

as God takes care of all my worries and troubles. The faith that God is with me frees me from negativity and so I also find my faith making me an instrument to help others to be free from negativity. I am able to give hope and courage to others too.