



Crop Circle at Stanton St Bernard, near Alton Barnes, Wiltshire UK Reported 29th June 2012

A **crop circle** is a sizable pattern created by the flattening of a crop such as wheat, barley, rye, maize, or rapeseed. Crop circles are also referred to as **crop formations** because they are not always circular in shape. The scientific consensus is that most or all crop circles are man-made, with a few possible exceptions due to meteorological or other natural phenomena.

### Think First

Every action has an equal and opposite reaction. Whatever I do, when all is said and done, I do for or to myself. Perhaps I should think before I perform actions because after the seed of action is sown I have to reap the fruit.

Moreover, I do not receive only one fruit for every seed sown, I often get a whole crop, good or bad according to the action or seed.

## A Kinder Gentler Approach

Trying to change or influence other people can be a thankless, exhausting task - after all, few of us like to be told by others what we should do. With a sense of humility and an open heart, however, we can find the best way to connect with others. So, if you would like others to adopt a kinder, gentler approach towards you - in the hope that this will take some of the stress out of your life - adopt a kinder, gentler approach to others. If you are just talking about things they fall apart. The best way for people to learn is through example.

## The Negative Shade Of Respect In Relationships

Many a times in offices, we find the dominating boss who wants everyone in the office to fear him or her. The boss may not necessarily be a person with a negative personality, but this desire exists inside the boss because he or she holds a **negative belief that people fearing him is the same as respecting him** and respect is something that any boss would naturally yearn for. This can happen in homes also, with a dominating father or a dominating mother doing the same with the other members of the family.

The main reason why this happens is because the boss or the father or the mother **is normally lacking in self-respect**, although he or she is unaware of it. Due to this, he or she, without realizing again, **is looking for it from others and in fact over a period of time, as the need builds up or increases, he or she will start demanding the same from others, which takes a form of the negative energy of fear in the relationship.** The boss or the father or the mother starts feeling that the sign that he or she is successful in achieving in getting the respect he or she wants, would be the other fearing him or her. Simply getting someone's attention or the other being in awe of him or her or the other being under his or her negative influence which are all subtle forms of fear is then mistaken for being respected, and if he or she does not receive respect in this incorrect manner, he or she will even try and bring about the creation of respect in the other and try and pull it from the other using various methods which are violent in a subtle way, harming the relationship in a big way.

**In tomorrow's message, we shall look at this type of relationship from the other's i.e. the employee's perspective or the perspective of the other people in the family in the case of the father or mother.**

## **Soul Sustenance**

### **Self Responsibility**

There are certain laws which are involved in our actions and interactions. They are not human laws requiring lawyers to interpret or the police to put into action. They are natural laws which are constantly operating in every relationship. They are often called the Laws of *Karma* (action): briefly described by the saying - **As you sow, so you shall reap**, described by Isaac Newton as the Third Law of Motion i.e. **for every action, there is an equal and opposite reaction**. The Laws of *Karma* remind us that whatever quality of energy we give out, we get back. This might not be exactly tit for tat, but if we give happiness to someone, it will come back to us; if we give pain or sorrow, it will come back, perhaps not today or tomorrow, but at some time in the future.

Most of us are conditioned by the idea that we are responsible for some of our actions, but not all of them. For example, we would consider ourselves responsible for the actions which improved our company's business but would not consider ourselves responsible for not being on good terms with our spouse. If, as parents, we worked hard in educating our children and they grew up to become well placed and successful individuals in their lives, we would consider ourselves responsible. If on the other hand they don't make it to the top and are not so successful, we will blame our children for not putting enough effort or maybe the education system for the same. So we are selective in taking responsibility for our actions.

Through spirituality, we are reminded of the unchangeable laws of cause and effect, which awakens our awareness of our true responsibility for each and every action that we perform.

(To be continued tomorrow ...)

## Message for the day

**True progress brings progress in others as much as for the self.**

**Projection:** It is usually believed that self-progress and progress of others are totally separate. It is believed that where there is thought for the progress of the self, there is selfishness and there is no benefit for those around. In fact, selfishness in an extreme form can also have a negative influence on those around.

**Solution:** In whatever we do we have to check and see if there is any benefit for others along with whatever benefit we are getting. If there isn't we can check to see if there is a better way of doing what we are doing which could have a positive influence on at least one person. Then we will find ourselves benefitting doubly. We will get the blessings from others along with the personal benefit we get.