



Douro River, Portugal

The Flow

Everything that comes to us, comes to pass or, more accurately, for us to pass on. Not just the money in our pocket, but wisdom, objects, ideas, even opportunities, all come to us, so that, at the right moment, we can pass them on. This is called flow. Being in the flow means being aware that the river of life is flowing to us at every moment. Being in the flow means accepting whatever comes and putting it to good use, before passing it on. Going with the flow means allowing whatever comes to move on freely, without holding on to it in any way.

The Spiritual Director And The Actor

Spirituality adds great depth and value to Shakespeare's famous words - 'All the world's a stage, and all the men and women merely players.' Through spirituality, I realize and experience myself as a soul, separate from the body, playing a part on the stage of the world through my physical body costume. The difference between the actor and the role is clearly understood. An added dimension then, to this consciousness is that God or the Supreme Being is the Spiritual Director of the play we are enacting. The Director - God looks at the entire drama and every actor's part from a broader perspective. His vision is not just limited to the present but stretches from the past (past not limited to this birth) to the future (future not limited to this birth) of each one's part. **I learn from the Director how to play my own part with accuracy, now as well as his training helps me for the future.** Like any good actor, I need to have a lot of respect, appreciation, loyalty and love for the Director and immense faith in him. **The Director is like a mentor or guide for an actor, to whom he surrenders completely. He knows that by doing that, his act will be of the highest quality.** If he doesn't do that and he performs his act his own way, his act will suffer and he will experience pain. As a result he will not be as successful as one who is willing to listen and learn from the Director. If I keep a little distance between me and my role, so I don't lose sight of the Spiritual Director's instructions and the way the play is moving, my part will be much easier to perform, better appreciated by all, and I will be extremely successful. Positive appreciation for a performance for an actor's performance by the spectators is of great value to any actor, sometimes even more important than commercial success. So surrendering to the soul's Director and having a strong relationship of mutual trust with him is particularly helpful at this time, when there is a lot of confusion on the stage of the Earth with billions of actors crowded here and our acts not exactly of the highest quality. So **I, the spiritual actor need someone at this time who can tell me about mistakes committed by my in my past acts and improve my act of the present which will result in a positive present as well as future. Spirituality introduces me to that someone.**

Soul Sustenance

Transforming (Changing) My Thought Patterns

Why is it that we can't change the pattern of our thoughts so easily? Imagine a bird being so comfortable in its nest that, though perhaps sometimes it stands on the branch of the tree to inflate its chest and adjust its feathers, it never wants to fly and does not even realize it could fly. It never knows the blissful freedom of flight, never feels the wind through its wings. It thinks the other birds that are flying around are unwise or foolish. In much the same way, we never really leave our nests of old thought patterns. Our habitual thoughts become our comfort zone and each repetitive thought pattern is like a twig in the nest, which makes the nest stronger and our stay in the nest seemingly comfortable and permanent. We never experience our true spiritual freedom or flight or feel the breeze of our inner beautiful nature. Even the thought, "I am a soul" has to be realized eventually, so that we can actually experience its deepest truth.

In the world of spirituality, thoughts are like the map, but they are not the territory nor the reality of the experience. **Thinking * I am a peaceful soul or * I am a loveful soul or * I am powerful soul is not being soul-conscious, it is only theory or knowledge, but it is definitely an essential start.** Maps are important and necessary, until we know the way home to **experience. Reaching this final destination of experience makes it easier for us and empowers us to transform or change our old thought patterns.**

Message for the day

To be victorious means to pass obstacles with ease.

Expression: The ones who aim to become victorious never think of not being faced with obstacles. Instead they look at each obstacle as a chance to use and express their own inner powers. So there is constant progress visible in them.

Experience: When I am prepared for the inevitable challenges that life brings, I will not experience fear, tension or anxiety but will always be confident and fearless. Apart from actually being victorious in the situation, I also experience winning over my weaknesses and discovering new powers within me.

Uniqueness

We usually expect people to behave according to our expectations. We would like to see people change according to our expectations and we expect them to mould themselves with our own value system. Yet we notice that this does not happen and then we tend to become disappointed. We need to understand that each one is unique with his own specialties, and uniqueness. When we are able to appreciate this uniqueness we are able to respect each and every human being and the unique contribution he can make. So with this change in our consciousness we will not expect others to change according to my wish but will take benefit from their uniqueness.