



Divine Help

Many times people report the feeling of divine help and strength when they come close to breaking point. Actually divine help is always there, but I am usually so busy doing things in my own little way that I only look for it when I face absolute defeat. The tranquil nature of enlightened souls comes from their ability to take God's help constantly. A state of true surrender will lead to the feeling of victory in everything I do.

8 Steps On The Road To Success (Part 1)

We all live a life which is filled with ambition based actions which we perform from the morning to the night i.e. every *karma* either in the personal, professional, social or financial sphere is filled with the energy of an intention or a pure desire that I have to achieve what I aspire or aim for. But things go wrong when the ambition starts becoming an obsession and it starts affecting our relationships, health and mind sometimes individually and sometimes all together. With some people, the desire to succeed is so immense and so obsessive that it tends to influence their thoughts to such an extent that they lose interest in performing any *karma* which takes them away from this aim.

They say success for some comes at a price – a broken soul, a stressful mind, an unhealthy body and harmed relationships. For some, life is like a continuous challenge to be overcome. **Challenges are good; they bring out the inner powers and help in tapping the hidden potential inside you but a life which eats, sleeps and breathes challenges and goals is the wrong road to success.** A main cause of professional burn out at a young age, which is even causing a lot of people to become severely depressive and unenthusiastic, unenergetic and disinterested after a certain period of time in their careers and in other pursuits of life especially in their family lives, is an obsession to achieve and dream big. Many people are taking to meditation and relaxation techniques because they lost the balance at sometime in their lives and left the right road to success with the destination of success remaining away from them instead of coming towards them.

In the next two days' messages, we shall explain 8 different steps one needs to take on an emotional level so that success is achieved but without any of the side effects in the form of love lost in relationships and physical and mental illnesses, in short the steps on the road to success.

When life hands you a challenge, welcome it!

View the challenge as an opportunity to:

- push yourself out of your comfort zone
- stretch out to gain more skills, more insights and more confidence

Message for the day

Continuously fill your intellect with good things and it will be empty of waste.

Checking: Each day check how much of good things you are giving your intellect as food. Also check if you find yourself thinking of waste, of things that are not necessary.

Practice: Each day take out some time for yourself and make it a point to read and think of good things. When you continue to fill your intellect with good food in this way, there will no place for anything waste and it will remain healthy.