



Inner Sanctuary Retreat

“Getting away from it all' is something we all love to do.

Why wait for the holidays! Whenever you need it, make time over the weekend for your very own retreat at home.

Create a sanctuary. Drop the distractions. Take the phone off the hook. Listen to soothing music. Simply enjoy the solitude and some unstructured time.

You can even use this time to review recent events, create new dreams or retreat into your inner space to renovate the soul.

Carrying Feelings Experienced In Meditation Into My Interactions

If I keep close contact with my internal self, to check what my feelings are like and I maintain the *meditative* awareness at many moments during the day, even if it is for very short periods of time, I will find that **the good feelings I have experienced through conscious choice, in meditation, I carry them with me into my interactions with others.** Then, in any exchange, although the other person's thoughts, words or actions may not be as I would like them to be, I'll be better equipped to maintain a good feeling towards that individual, and towards myself.

For example, I meditate in the morning and then leave home and find myself in a situation in the office where two of my colleagues are arguing over an issue. When I try and intervene, one of them gets aggressive with me as well, but the feelings of peace I experienced in my meditation a couple of hours ago are still with me, using which I do not react angrily or fearfully. In fact, if my peace is powerful enough, it will make the other one also peaceful.

So the key is to *emerge* and *collect* positive feelings through meditation at regular intervals during the day. And then become a donor of positive feelings to negative situations as discussed above is an invaluable achievement. It is good for my own well being, and for contributing to the creation of a peaceful atmosphere wherever I am, whenever required.

To have faith is to have the ability to bring solutions.

Faith enables me to see the positive aspect both in myself and in fate. Whatever happens, it is surely for my benefit and I only need to work at adopting that benefit into my life. Faith makes me free from worry. And a mind that doesn't worry is a mind that is powerful. I can then surely bring solutions even in the biggest problem. Today I will pick up a problem that has been bothering me from a long time. First I will tell myself that I am sure there is a solution for this problem. I will also believe that I have the ability to bring about the solution. After talking to myself in this way, I will try and find at least one thing that I can do to change the situation. It need not be a full solution but at least a step towards a change for the better.

Message for the day

The one with zeal and enthusiasm is constantly tireless.

Expression: Zeal and enthusiasm brings the willingness to move forward under all circumstances. Never are there any excuses given, whatever the difficult situations or challenges that one might be faced with. Instead whatever has to be done is done without any tiredness. Also the best is made out of all situations.

Experience: When I am able to be enthusiastic under all circumstances, I am able to be tireless. This tirelessness gives me the courage to move on and experience constant success. I become aware of my own resources and make the best use of them. So I also experience internal progress, constantly.