



The **Nobel Peace Prize** 1991 was awarded to **Aung San Suu Kyi**, Politician and opposition leader of Myanmar, "for her non-violent struggle for democracy and human rights".

Peacemaker

It's not about winning the Nobel Peace Prize. It is about choosing to be a peacemaker and working towards a win-win solution in every situation.

First, stop being at war with yourself, and when the turbulence in your mind ceases, you can begin to make peace with the world.

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.**

Sweetness is the mastery of the senses.

Eyes that see to the back of things,
Ears that hear to the heart of things,
Lips that speak only the essence of things.

Sweetness is the result of a long journey inward to the core of life and the ability to rest there and watch.

Message for the day

To have the balance of being a master and a child is to experience constant success.

Expression: To have the right balance means to know when to be a master and when to be a child. When one gives an idea or makes a contribution, it is as a master - with total authority. But while the idea is heard by others and is being criticized I become a child. There is no attachment to the idea, but the mind is open to receive new thoughts in order to enrich what is already there.

Experience: When I am able to maintain a balance between being master and a child, I am able to experience constant happiness I am able to put forth my creative ideas with confidence. Yet I am not upset when someone criticizes my ideas. On the contrary, I am constantly learning and moving forward. So I constantly experience success.