



The Secret of Happiness

The secret of happiness is to be free of fear. Fear is like a toxin that runs through much of our thinking. It feeds on insecurity, feeling of loss, loneliness, inadequacy and attachment. You are loveable and loving. Accept this as Truth. Appreciate and care for yourself - truly, deeply, intensely, in a way that reflects your real value. Then you will automatically have the same regards for all other living beings and things.

The Journey Of Purpose

All of us, at some point of time, in fact almost right through our life, keep different types of long term or short term goals - personal goals, professional, financial, social, relationship goals; goals related to physical well being and health, spiritual goals etc. Sometimes we are not even aware ourselves, but we are passing through the journey of life with some purpose or the other at all times, the purpose may be a higher purpose or something connected to our day-to-day living.

Whatever actions we perform then, our aimed at fulfilling this purpose. Also these actions are full of lots of expectations, the expectations of achieving some results. These results which we desire or expect arrive at times and sometimes they don't. If they don't, which is a very common aspect of any such journey of purpose; they generate emotions of worry inside us. Even if the results are achieved, the nature of journey, prior to those results is stressful as compared to a journey which is purpose filled but expectation free, which some might argue is not possible. Worry and stress not only harm the spiritual and emotional self but even our physical body and relationships, making the journey difficult and tiring. **It is not incorrect to be action oriented and having some clear objectives in progressing towards our purpose, but we need to be capable of aiming ourselves at our dreams without becoming *date conscious* and the expectation of them being fulfilled now, or on a specific date, in a particular way or form.** If not, we live in a *tomorrow consciousness* and tend to get upset or discouraged easily and we don't enjoy today. It is not incorrect to be happy when we achieve something, but if our happiness is dependent on our achievements, we will always delay it. Happiness is not later, it is always now. It is commonly said - *Happiness is a journey, not a destination.* Here we say – *Happiness is not only in reaching your purpose, your destination, but also in the journey of purpose.* Also, it's important to note that **a carefree and detached intellect will always attract positive circumstances which serve as bridges in reaching one's purpose, much more, as compared to a worried intellect.**

Your Value

A bar of iron costs \$5,

made into horseshoes its worth is \$12,

made into needles its worth is \$3500,

made into balance springs for watches, it's worth is \$300,000.

Your own value is determined also by what you are able to make of yourself.

Message for the day

To give food for the mind is to nourish it and make it healthy.

Expression: Just as nourishing food is required for the body, the mind too requires nourishment. Throughout the day, the mind is receiving a lot of things which are not so positive or outright negative. So, it becomes necessary to give the mind something positive. We need to make an effort to look out for this positivity and allow our minds to dwell on it.

Experience: Today I will spend some time with something or someone good. I will either read something which will enhance the quality of my thoughts, or spend time with someone who will enable me to see things in a new light. This will help me maintain my positivity throughout the day.