



Self Progress

You are your own greatest asset. Put your time and energy into training, improving and encouraging yourself. Then there will be progress. Self progress can take place when you use all of your existing resources to enable self change

Positive Inner Truth

It is said that the mind can be your best friend or your worst enemy. At every moment we have the opportunity to choose our company; thoughts which bring oxygen to the spirit or those who bring pain. If I am loyal to myself, I will continually strive to go back to my inner core of positivity, again and again. I will be patient and loving, and increasingly my mind will reside in this positive inner truth. When I am able to be loving and loyal to myself, I can then help others in this same unconditional manner.

Rising Above The Expectation Of Praise From Others

Sometimes, we get offended or ill almost on purpose in order to receive special treatment. Out of a lack of self-esteem and insecurity, we depend on the appreciation and affection of the other, for them to value us, praise us and always to speak kindly to us. Even though they have given us many signs of appreciation, if for a few days they give us none, our inner world or our self-esteem collapses. We become dependent on what others do, or don't do, in relation to us, whether or not they nourish our self-esteem, and then what happens? We are always waiting for the other to give us something when in reality we can give it to ourselves.

Spirituality makes us experience our internal treasures of bliss, happiness, love and power. It makes us aware that we are givers, emitters and radiators of these qualities rather than takers. This consciousness helps us rise up above the above discussed dependencies and remain seated, stable on our throne of self-respect.

Soul Sustenance

The Three Root Causes Of Anger (Part 3)

We are at war with our self when we fail to make the world do exactly what we want, or we believe we have let our self down. An e.g. of a war with one self is – Suppose you are standing in a queue waiting for your chance to arrive, only to discover an hour later, just when your chance is about to arrive, that the time for the counter to close has come and the counter has closed. You get upset, but with whom? Perhaps the person at the counter at first and may be with the other people in the queue and then with yourself, for not having found out the time of closing of the counter. There are two failures that make you uneasy here. First you failed to ask someone early enough, which would have saved you the hour time loss. Second, you failed to control your emotions of anger. Although you might not externally admit that you failed, inside you know. Because of these two failures, you then start to get **angry with yourself**. The thought pattern that goes inside your mind: to fail is to lose, to lose is to be sorrowful, to be sorrowful causes me to become angry, as you look for an external cause of your sadness which, in this case, is initially the person at the counter and the other people in the queue (who would have known the time of closing and could have told you). So you demonstrate to others your justified anger towards them. But deep inside you know it is you yourself that has made you sorrowful.

As the anger builds up inside you, again, after a while, you find someone else outside on whom you vent out your anger. You seem to feel better as a result, but it's only temporary. **The next time you become angry; interrupt the pattern of your anger by asking yourself two simple questions: Who are you fighting a war with? Answer: Yourself. Who is suffering the most due to the war? Answer: Yourself. And if your anger is directed at yourself for your own supposed failure then just tell yourself, "There is no such thing as failure, only a different result from the one that I expected and results are not going to be exactly as I want, expect or desire. That is a rule of the game of life."**

Message for the day

The one who is free from complaints is the one who becomes complete.

Projection: When things go wrong it is the usual reaction to complain, against situations or others, and to find fault with them. When we are busy complaining we will not be able to make any effort to make any improvement in ourselves.

Solution: Whenever we find ourselves complaining we need to see what we can do to bring about a change instead of just complaining. There would surely be something that we can do. Slowly as we begin to implement each thing that we learn, we find ourselves moving forward towards our own perfection.