



Horseshoe Bend - Colorado River, Arizona, USA

## Pass On

Everything that comes to us, comes to pass or, more accurately, for us to pass on. Not just the money in our pocket, but wisdom, objects, ideas, even opportunities, all come to us, so that, at the right moment, we can pass them on. This is called flow. Being in the flow means being aware that the river of life is flowing to us at every moment. Being in the flow means accepting whatever comes and putting it to good use, before passing it on. Going with the flow means allowing whatever comes to move on freely, without holding on in any way. If we do not pass on, we are trying to block the flow, and that's when we feel pressure in our life. Pressure is always self-inflicted. Every time you feel 'under pressure' look at what you need to release and to pass on to someone else. Once you do you can... relax... again.

relax7

## Live in the now moment

The gift of time that can always bring us happiness is the present moment. In remembrance of God and full consciousness of the present we have power over time. We have determination to say "I will do it now". There is no telling what time is going to bring. No knowing what will happen in the next moment. No guarantee for life. So to live each moment with all accounts settled, all duties done, everything completed is to truly live in this moment now. The ever-present company of God reminds us to make the best use of the present.

## The Power Of Thought

**Thought has been proven to be a powerful yet non-physical energy, which can influence other souls and also matter.** On a limited scale, there are the experiments with ESP (extrasensory perception) and mental telepathy. On a more sensational level, some use the power of thought to such an extent that steel objects can be bent and heavy objects moved without any physical help. In the case of telepathy, communication over thousands of miles is possible in an instant when two souls are tuned to each other's mental wavelength, as if thought-broadcasting and receiving is some sort of subtle (non-physical) radio system. Evil powers also invoke the power of thought, although for impure or egoistic motives and gains. **Thought can be regarded as the energy or subtle force which links the soul to physical matter through the soul's connection with the body.**

## Soul Sustenance

### Are You Directing Your Inner Orchestra Well (Part 1)?

Our inner orchestra is made up of different music instruments – the different instruments are: our memories, desires, tendencies, mind, beliefs, emotions, feelings, fears, intuition, judgements, creativity, our imagination...

When you direct your inner orchestra well, you can remain unaffected by external influences without succumbing to them. When the orchestra directs you, you dance from one side to another without a clear direction

and with a music that is not very harmonious or sweet; it is noisy and you suffer. Who is the director of this orchestra? You. Who are you? You – the consciousness, you - the soul, you – the being. **When your consciousness is in charge, you make the orchestra play according to the inner voice of your being, according to your purest intentions and values.** You can. You simply have to be awake, alert and attentive. If the director of the orchestra closes his eyes for a few moments and covers up his ears, what happens to the orchestra? You have to keep the eyes of your inner spiritual vision open; what is called the third eye. And listen with your heart, not with your physical heart but with the heart of your being. If your orchestra rules over you, and you - the director - are stiff, without flexibility, asleep, un-sympathetic, you will not be able to achieve your dreams or arrive at the destiny that you would like to reach. And, to make things worse, when your orchestra dominates you, you are more vulnerable to being dominated by the orchestra of others. Or you will allow someone else to direct your inner orchestra. This is the ideal road on which to get trapped and suffer. Is this what you want?

(To be continued tomorrow ...)

### **Message for the day**

**To be humble is to be a source of happiness to all around.**

**Projection:** Sometimes we find that we don't mean to be negative to others but people seem to be displeased with us. When there is any kind of sorrow experienced or if others are experiencing any negative feelings, it means we are not working with our inner humility.

**Solution:** We need to develop regard for all around us. When we work with this regard there will be humility within us. This naturally enables others to experience happiness. To the extent that even in the most negative situations others will experience happiness.