



LAKSHADWEEP BEACH-INDIA

Contentment

Contentment is a great virtue, though it may not attract one's attention at first. Those who are truly content are usually quiet about it. It is a pleasure to be in their company, because they are full, peaceful, and generous.

Personal Experience

Whether you believe in God or not is not important. The main thing is to keep an open mind, and be willing to start the conversation. The experience of so many people is that when they engage in a mental conversation, whether it's with a question or simply sharing what is in their heart, they get a reply. This is God as a personal experience, not just a voice in your head. Not your higher self. But the presence of the Source in your life. God is not a concept, or a belief. You cannot have a conversation with a concept. You cannot have a meaningful relationship with a belief. Worth a try?

The Life Jacket Of Hope

In the midst of the constant changes of life and confusing or chaotic situations, hope, becomes our life jacket, which helps us to keep afloat and not to drown in the hurricane that at times causes unexpected or sudden changes. Without hope, we expect the worst. Our vision gets cloudy; we do not find or see any ray of light to see by. The mind fills with questions, allowing it to be overpowered by doubts and insecurity. Fear takes control of us and everything turns into a mountain or an un-climbable wall. It seems to us that we will not be able to get out of the difficult and critical moments, or it will be difficult for us to get out of the "hole". We feel incapable of going forward. Fear and doubt paralyze us and prevent us from deciding with clarity and acting with determination. We need to find support or help and, when we don't get it, we go even further down.

Living with hope keeps us awake. With hope we are open to the opportunities that life offers us. We overcome fear and expect the best. With hope our forces are joined in order to deal with and overcome difficulties. We maintain the vision that everything will get better and things will streamline themselves, giving out benefits to all. Hope helps us to keep the meaning of our life alive.

Soul Sustenance

Meditation To Experience My Inner Beauty

Experience the following thoughts one after the other:

I sit in a relaxed position, I am comfortable...

I let my body relax, keeping my back straight, my legs supported comfortably on the floor, I breathe deeply...

Now I begin to carefully observe my mind...

What kinds of thoughts arise in my mind? Are they positive, negative? How are they moving? Slow, fast...

I carefully observe my mind and remember that I can choose my thoughts...

Consciously, I begin to redirect my thoughts...

I create positive thoughts about myself...

I think about my good qualities, I identify a specific quality that is special to me and which I feel makes me a unique being...

Perhaps the quality is being tolerant, sweet, patient or affectionate...

I create a space in my inner self to discover my best quality, and for a few moments I think about it...

In my mind I see the beauty of this quality and observe how I feel...

I am sweet, I am kind, and as I experience these special qualities, I begin to feel better about myself...

Now I imagine using this quality in my interactions with others. How do I feel when I express and put this quality into practice?

Using a quality makes me grow, at the same time the good feelings I have about myself as a unique human being also makes me grow...

I enjoy these feelings for a few moments and little by little, breathing deeply, I am aware that I am here; I express my inner beauty...

Message for the day

There is magic in each day for those who have the eyes to see.

Expression: The ones who are happy, always find something new. Even in the most ordinary and routine situations, they are able to find something interesting. So they are able to use everything that is with them in the best possible way. They are the ones who bring newness with enthusiasm and make the best use of the resources available.

Experience: When I have the eyes to see the magic of each day, I have the ability to appreciate even small beautiful things of life. I constantly find myself content with whatever is happening and whatever I attain in my life. My contentment also brings creativity and I am able to experience progress by making use of all that is with me.