



Lucky Day

Forget mistakes. Forget failures. Forget everything except what you're going to do now and do it. Today is your lucky day.

Count your Blessings

'Blessings are not valued until they are gone.' So much is overlooked and so much of our actions are automatic that it is as if nothing special ever happens. Nothing stays the same. The situations we find ourselves in today can change in the twinkling of an eye and the freedom and amenities we took for granted can disappear. We need to stop and count our blessings and see how fortunate we really are.

The Distinction Between Human Souls And The Supreme Soul

Human Souls: They take human bodies and experience birth, life and death.

Supreme Soul: Never comes into the cycle of birth and death.

Human Souls: They are subject to change and the dualities of pleasure and pain, growth and decay, happiness and sorrow.

Supreme Soul: Changeless. The One beyond the above dualities.

Human Souls: They remember and then forget their original pure nature.

Supreme Soul: God is always the ocean of knowledge; he does not come in the cycle of remembering and forgetting.

Human Souls: They are seekers of peace and happiness.

Supreme Soul: God is the One whom everyone seeks (longs for). He is the bestower (giver) of peace and happiness to everyone.

(To be continued tomorrow)

Soul Sustenance

Mental Clarity or Focus

To strengthen yourself you need to have **mental clarity or focus**. That is possible if there is not so much of excessive thought, so as to generate clouds of unhappiness, suffering, grief, indecision, doubts and negativity - thoughts that your mind produces, thoughts that are weak, useless or wasteful. All of these thoughts cloud your own clarity. **Mental focus means to think less, think concretely, concentrate, think in an elevated way, and your thought will have an energy of clarity and inner strength that will help you to put it into practice with greater success.** You should strengthen yourself to achieve a state of self-control. For this, you need to study yourself, know yourself and understand

yourself. You need inner silence, for there not to be so much mental chatter (noise) from thinking, thinking, thinking and thinking.

On top of that, other people influence you and so you generate even more thoughts. There are so many influences and inner voices that speak to you. With all of that there cannot be clarity. There is the voice of your fears, of your ego, that of desires and greed, there are influences of the past, thoughts emerging from your values, influences of your neighbors, your children, your husband or wife, your mother or father, the influence of your office colleague's opinion, or your best friend, your doctor, your guru, etc. **You can listen to many inner and outer voices and, if you are not strong, your mind weakens under so many influences, which has negative effects on your clarity of mind.** Because of all of this you have to strengthen your mind, which means, think less; think slower, concentrated and clear thought; with sense and meaning; of quality, based on a healthy and positive motivation. These thoughts are then like arrows, which have positive strength and clarity.

Message for the day

To be free from negative and waste is to be light and spread the light around.

Projection: When we find ourselves having waste and negative thoughts we don't usually work to change them. It is because we don't realise the effect of such thoughts, which are harmful to both others and ourselves, too.

Solution: We need to remind ourselves that the positivity in our mind is beneficial to both ourselves and others too. When we consciously remember the benefit of having positive thoughts we will not feel heavy because of the change that we have to bring about.