



Resist Not

Have you ever noticed that resistance leads to persistence? And behind all resistance is self-created fear. The only way to relax and stay relaxed is acceptance. You don't have to agree, or follow, or condone, but acceptance means you begin any interaction with a serenity which invites others to engage with you. And out of engagement comes the satisfaction of creative expression and an enriching relationship. That's relaxation in action!

Bringing your best

As you do, so you become. Every action that you perform is recorded in you, the soul. These imprints ultimately mold your character and destiny. When you understand this principle, you will pay more attention to bringing your best to everything you do.

A New Journey with a New Personality (cont.)

Famous personalities are constantly sought after, in demand and remembered by many due to their specialties, may they be actors, gurus, sportsmen, politicians, founders of religions etc. Even in our daily lives, we tend to remember people with more specialties much more than the rest. **God is the most complete and perfect personality that exists, but not a physical personality, a spiritual one. There is no one who is more specialty and virtue-filled than him. That is the reason he is an entity or living energy or personality who is remembered the most by each and everyone all over the world.**

The above types of personalities mentioned are physical personalities and are remembered by some or many but not remembered by the rest and along with their specialties, they definitely have shortcomings. Also, you might find it difficult getting to meet them even for a few minutes. God is one personality without any weaknesses and he is my constant friend, once I start my journey. He is one who, although being the highest personality, can be available to thousands making a similar journey at the same time, not because he is omnipresent (present everywhere) but because he is omnipotent (the most powerful) and the only being possessing this capability. So, **a specialty of this journey is that the more I progress on it and the more time I spend with this new personality accompanying me in my new journey, I constantly see new facets of this new personality being revealed in my life, which keeps the journey constantly refreshing.** This also keeps me wondering what is going to be revealed next. So, once this journey of exploration and discovery has started, there's no reason to stop even for a second and there is immense amount of motivation to continue and keep smiling!

Soul Sustenance

Self Transformation (Change) (Part 2)

Here are some practical reminders and steps we can take to grow spiritually and bring out transformation (change) in ourselves:

Daily practice

Having the inner discipline to practise meditation by one's self is necessary because, in reality, we have to be self-reliant as only we can step into our mind and bring it long-term benefit. The mind needs to relax and to refresh itself if a person is to feel positive and strong to live each day peacefully and effectively. When this is recognized, time for inner silence every day becomes a personal priority.

Start each day with positive silence. Before work, breakfast, or doing anything, let us step inside the self for a little while. In this space of introspection (self-observation), we can connect with our original spiritual qualities, charging up our internal battery with positive thoughts for the day ahead.

At the end of the day, we can remove any remaining thoughts of past actions - after all 'past is past' - and send our good wishes where they are needed.

The daily practice of morning preparation and evening clearing, keeps the mind healthy. A healthy mind is light and focused, not disturbed, or burdened easily.

(To be continued tomorrow....)

Message for the day

To stay in our self-respect is to achieve success.

Projection: The opinion of the self is usually based on those around us specially on those who are important to us. We usually find our thoughts being swayed by whatever we hear from others about us. As we continue to hear from others we begin to believe what we hear and consider ourselves the same.

Solution: We need to recognise our own uniqueness and speciality and make conscious effort to remember and work with them. The more we do this we will be able to maintain our own self-respect. Then we will not be influenced by any criticism but will continue to work for our success.

