



Waterspout, Tampa, Florida

Faith

When I am continuously being battered by the storms of life, and my very spirit is ebbing away, then all I need to do is hang onto that gift called 'Faith', that one support which will weather the storms. Faith does not depend on a clever head, only belief: belief in the self and the strength that lies within. Faith is the seed of victory and the foundation of making the impossible possible.

Special Quality

When challenging situations come our way, we are not able to be free from the use of our own negative habits and traits. We are then not able to give our best to the situation. Then there is both internal and external chaos. On the other hand working with our specialties help us experience freedom from negativity. We need a long time of practice of being in a state of peace for being able to experience it naturally during the challenging time. So let us practice having an experience of some special quality of ours.

Using Creativity and Positive Thinking To Overcome Dependencies

The correct use of creativity and positive thinking helps us to overcome any type of dependencies or negative tendencies that we may have. Often we live under the illusion (false belief) that we can only be happy thanks to objects, people and places, but happiness is something that we experience when we put our heart into something, and our intention is of giving and not of taking. In the creative activity that we experience greatest enjoyment in, our happiness comes from within and expresses itself outwards, and not from the outside in. Creative personal development helps us to overcome laziness. On overcoming it, we recover the inner strength necessary to free ourselves of certain dependencies, such as the dependency on the creativity of others to entertain us e.g. watching a movie in which actors entertain the viewers. It is fine to enjoy entertainment, but the important thing is that you are capable of spending a good amount of time being creative yourself, overcoming laziness, boredom and the wasting away of our own inner creative capacity.

Also, let us learn to create thoughts which are positive and creative. They arise out of the spiritual knowledge of the inner self or soul. In this way, thanks to those higher quality creative thoughts, full of peace, harmony, love and happiness, the mind gets strengthened and is able to overcome old habits and negative tendencies which we hold on to or are dependent on.

Soul Sustenance

Revising My Purpose In The Professional Sphere

A young entrepreneur once thought that, in the corporate world, if you earn this much amount of money successfully in a short span of time, you are considered better than the remaining entrepreneurs and you reach the peak of fame. A time arrived when he said to himself "This is stressful. Is this what I want? Working so hard to reach the top, so that you become famous in the entire country and are known amongst the fastest growing businessmen. No, I want to excel in my career, but in another way, without stress, without fighting to reach and maintain fame and power." He then revised his purpose: "What do I want? Why do I do what I do? For what and for who do I do it? What is the price that I have to pay for this dependence on fame?"

Aspiring to be famous causes continuous stress and anxiety. You participate in a race in which you compete and are comparing yourself constantly. You stop taking care of yourself and nourishing your inner self. You take care of your image but not your inner being. This brings about an inner emptiness and loneliness that, sometimes, is unbearable for us. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, a broken apart family and a sick body, causes anxiety and depression. We need to look inwards and ask ourselves – does our life's purpose revolve around the search for fame and power? If yes, then we need to revise our purpose suitably by realizing the negative effects that this search can have on our lives.

Message for the day

To be strong is to be free from the influence of the body.

Expression: To allow the body to influence the mind is to be doubly ill. The one who allows himself to be doubly ill is not able to deal with the illness of the body. On the other hand, the one who is powerful in the mind is able to maintain the inner strength in spite of the disease and so has the power to put in effort to finish it.

Experience: Instead of being conscious of the disease of the body, all I need to do is to maintain the consciousness of being powerful internally. Then I would not be afraid of the disease of the body but will have the courage to deal with it. I am able to see the disease as something temporary and will soon find myself rid of the illness, as I am powerful within.