



An upside down house situated in the tiny village of Szymbark in northern Poland

## Faith

Have the faith that, despite appearances, people are doing the best they can.

## Check & Change

True knowledge enables us to check ourselves in the right way, so that we can bring about a change in our behavior and interactions. We get to know to what extent we have brought about a positive change and what we need to do. It is essential to read something good every day. So let us make the practice of reading something new each day. Even a few lines enable us to check ourselves and know what aspect we need to change.

## The Triangle Of Spiritual Energy (cont.)

Today, when human beings seek love, meaning and purpose, they first connect horizontally (with others) rather than vertically (with the Supreme Source). This leads to a greater loss of energy and eventually dissatisfaction and emptiness. The vertical connection liberates the self from becoming dependent on someone else and from having too many expectations.

After the vertical connection, there can then be the horizontal connection with others, that is, with the outside or external.

The horizontal movement can be called '**reconnection**'. When we have taken the first two steps (first inwards i.e. connection with the self and then upwards i.e. connection with the Supreme), we reconnect with others on the basis of openness and sharing, rather than selfishness and need. At this point, there are real relationships that are respectful and balanced, rather than a relationship of wanting, taking, or exploiting. We have come to understand that when we are well with ourselves, we will be well with others.

(To be continued tomorrow ...)

## Soul Sustenance

### Discovering Inner Compassion (Kindness) - Part 1

Competence and compassion are the two most important aspects of our professional life. We would contend that compassion needs to be valued at least as much as competence in our work and in education.

There are many reasons why we find it difficult to be compassionate in our job; often there is not enough time to respond to competing demands, we have to concentrate on our tasks, we feel too exhausted physically, mentally and emotionally to give any more. Then there are the negative feelings that block out compassion. Being clear about what we mean by compassion can help us to understand how it can be an integral part of our work. This will help us to be caring in our work, without suffering 'compassion fatigue' and 'emotional burnout'.

Our own negative feelings, such as anger, hatred and jealousy, can prevent us showing our compassion. By understanding those feelings and how they affect us, we can release them and allow ourselves to be more compassionate. **Compassion can be compared to the sun; it is always there but sometimes it cannot shine through because of the clouds. The clouds are the negativity that hides our true nature of compassion.**

(To be continued tomorrow ...)

## Message for the day

**The one with pure thoughts experience safety in all situations.**

**Expression:** When there are negative situations, we usually get negative thoughts very easily. Such negative thoughts take us further into negativity. We get caught in this circle of negativity and we then can't make our thoughts positive.

**Experience:** We need to take care that we don't blame anyone when we are going through any negative situation. We need to see whatever positivity we can in the situation, and we will find our mind changing to positive too. It is this positivity that acts as a means of safety for us.