



Santorini, Greece

Simplicity

Peace is simplicity. Simplicity is beauty. Choose a day as your day of simplicity. Speak little, and listen with attention. Do something incognito and nice for a person you are close to. Eat simple and natural food. Create time periods for not doing anything - just walk, look around, live the moment. Have your mind open to a more profound and silent sensitivity. Appreciate each scene and each person as they are. In the evening, write down your discoveries. Observe the state of your mind.

Looking Within

Usually there is only a desire to change others or the situation, when something goes wrong. There is generally a feeling of being right. So instead of looking within and trying to understand what is wrong, there is only blame. Such words discourage others too as they are constantly made aware of their negativity. Looking within gives me the ability to understand the importance of bringing about change for the better in every situation that I am faced with. I am able to recognize the message that the situation gives me. I am able to use the situation to better myself and gradually progress towards the vision of perfection that I have for myself.

Fears And Dependencies In Relationships

Relationships are a source of support for our life, or at least, they should be. Relationships should ideally be an exchange of happiness and love. Peaceful relationships are the foundation from where we create, generate and carry out shared endeavors (efforts). Thanks to cooperation, we achieve our objectives.

When people are asked about what the different causes of stress, worries and suffering are, one of the main answers is relationships. Relationships have become a cause of ties (bondage) and pain. Instead of trust it seems fear dominates in relationships. In a relationship of love - be it family, be it friendship - due to emotional weaknesses and a lack of self-esteem, in order to learn to love ourselves we need another person or people to value us, to appreciate us, to need us, to love us. Even so, we do not manage to learn to love ourselves and we continue to depend on and worry about the opinion of others, what others might say, think or feel about us. You fear the answer of others; you fear they might say something that hurts you. These fears arise out of the emotional dependence on this person or these people. And they (fears) prevent us from developing and expressing all our potential, meaning that we stop being ourselves and we fear sharing ourselves openly.

(To be continued tomorrow ...)

Soul Sustenance

Understanding What Is An Angel (Part 1)

When I have the consciousness that I am a soul, a non-physical being of light, acting through the physical body, even others begin to notice. This is what the angelic stage is. **By remaining in this angelic, soul-conscious stage, others will also feel a sense of lightness and upliftment in my company.** Angels are thought to be mythical creatures who have a human form with wings, who are always in the company of God and help Him in guarding and protecting other souls. Actually, angels are human beings with divine qualities.

Angels are always shown with wings. **One of the wings of the angel is symbolic of spiritual knowledge, which it has received from God; the other is symbolic of spiritual qualities and powers, which it has inculcated, through the power of meditation or a spiritual connection with God.** The wings of an angel also symbolize the lightness and freedom of such souls. With such wings the angel flies constantly in the company of God. Its lightness and freedom is because it has no bondages or attachments in the physical world; all the chains have been broken. Because angels have the absolute and constant support of the Supreme Being they can be the support and protectors of many others, by sharing with them, spiritual knowledge, qualities and powers, which they possess.

An angel is the right hand of God in the task of world transformation (change). The language which it uses to bring about this transformation is spiritual silence; positive, powerful and pure thoughts along with sweet words full of spiritual knowledge, all of which have the effect of uplifting others.

(To be continued tomorrow...)

Message for the day

Faith enables one to bring solutions to problems.

Expression: When problems come, we tend to overreact to it or exaggerate it to such an extent that it becomes a trap for us. Instead of working on the problem we fall a prey to it making all our thoughts negative. Once we are caught up in negativity we will neither look for, nor find solutions.

Experience: Each thought of ours is important when working on a problem. Instead of making our thoughts negative, we need to remind ourselves that what we are going through is a test which we must pass with honour. When we have this thought, all our energy will be focussed on working to bring a solution.