



### **Mirror**

Let my eyes be a mirror for others, reflecting only their best and finest qualities.

## **Self-Respect**

To have self-respect is to be able to recognize and express one's own specialties. The one who does this also uses every situation as an opportunity to use others' specialties too. Such a person is not caught up with the negative aspects in others, but is able to encourage and inspire them to use their specialties. When I have self-respect I have naturally respect for others too. I am able to understand others and their behavior and act accordingly. I provide an environment for others' growth. I have no complaints, as I know I can fill in within them what is missing. To have self-respect is to be powerful and make others powerful too.

## **Physical Benefits Of Positive Thinking**

- \* You feel more relaxed physically.
- \* You feel more active with more energy.
- \* Your breathing improves, being slower and deeper.
- \* Your immunological system is strengthened and your digestive system improves.
- \* The nervous system is strengthened.
- \* Your mind is balanced and in harmony and your health improves.
- \* Your energy flows better and you feel more active.

## Soul Sustenance

### The Causes of Fear (Part 2)

Yesterday we had discussed some of the causes of fear. Some more are:

- The desire to be recognized, appreciated and valued.
- Experiences of the past that have produced disappointment, insecurity, worry or emotional or mental exhaustion.
- Attachments and dependencies generate fear.
- The habit of seeing situations and people in a negative way.
- Dishonesty - When you have done things that you know are not right, you know there will be negative after effects, and this provokes fear within.
- The ego being afraid to 'die'. It justifies itself and resists. We wear masks that cover our true identity. We become selfish.

## Message for the day

### Patience brings easy solutions.

**Expression:** What one cannot achieve with pressure can be very easily achieved with patience. Patience brings a state of calm inside which helps in finding the answers that already lie within. It gives courage to work on the problem in a cool and relaxed way till the solution is found. It brings creativity even to mundane things.

**Experience:** When I am able remain patient even in the most challenging situations, I am able to remain calm. I don't let go of my inner peace but am able to be aware of my own inner resources. I am able to retain my inner strength which gives me courage to find the solution for every problem.