



Be Content

Wherever I am is wherever I am meant to be, whatever I am doing is whatever I am meant to be doing and whatever everyone else is doing is exactly what they are meant to be doing - this is contentment. If you do want to change where you are, or what you are doing, the first thing is to be content with wherever you are and whatever you are doing right now! Paradoxically that's what attracts opportunities and invitations to be somewhere else! Why? Because you are a living magnet and contentment is one of your most attractive qualities. And the law of attraction says that according to your dominant thoughts so you will attract the people and circumstances into your life. Being content right now attracts the best possible future.

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Loyalty

It is said that the mind can be your best friend or your worst enemy. At every moment we have the opportunity to choose our company; thoughts which bring oxygen to the spirit or those who bring pain. If I am loyal to myself, I will continually strive to go back to my inner core of positivity, again and again. I will be patient and loving, and increasingly my mind will reside in this positive inner truth. When I am able to be loving and loyal to myself, I can then help others in this same unconditional manner.

Resolving The Inner Identity Crisis (cont.)

In yesterday's message we had explained how the confusions, complications and problems that exist in our world today and the state of human relationships all over the world, are simply a reflection of our lack of inner clarity about who we are, what we are and where we are heading i.e. a lack of true self-identity. So how do we resolve this internal and external turmoil? There is an **original, beautiful self, with characteristics of peace, love and happiness that exists within each one of us**, the self from which we have been distanced since a very long time. This is a centre full of the spiritual resources of all virtues and powers.

Reaching it is a journey of only one second and no distance. **By identifying with this inner centre, a centre which is imperishable, unchangeable, constant and even eternal, my self identity becomes strong and stable**, as compared to many false identities based on external realities like position, wealth and material possessions which are all perishable and subject to various ups and downs even in one single day, and if we over identify with them, we are bound to experience constant pain and discontentment.

This process of true self-identification is not a renunciation or avoidance of the way the outer world is but it is a healing process for your inner world. It is an internal correction process of identification, whereby you rediscover your true self as a complete being full of positive emotions that you always were and you start identifying with it, doing which very easily helps you let

go of the wrong identifications. This process is commonly called meditation, the foundation of which is spiritual wisdom. Once this inner work is done, the outer world starts taking the shape of a reflection of that. Resolving the identity crisis first changes the way our internal and external world looks to us, as a result changing the way it works.

Soul Sustenance

Observing But Not Absorbing

To observe means we take a new, appropriate mental position in whatever situation, or in whatever relationship, we find ourselves. **Observation is a silent skill — a skill we need to learn if we are to assess clearly what positive changes are needed to be made in the self in a particular situation or relationship.**

If we fail to learn this art of observing, we are likely to react and absorb ourselves in the negativity of the person, or event. We get lost in the quicksand of 'what's wrong?' which prevents us from putting things right. As we absorb and fill ourselves with negative emotion, we become heavy and remain helplessly rooted to the ground. The gravity of overload does not allow us to rise above a situation and to understand the reality of what is happening. As a result, we lose perspective and overreact.

If we wish to understand how the mental position of observation gives us the power of perspective, we can look at the example of the bird and the ant. The ant, extremely busy, running here and there, scrambling over everything in its rush to find and collect food, will see only what is in front of its nose. The bird, on the other hand, leaves the earth and, as it flies higher and higher, starts to see the bigger picture, compared to when it was on the ground, or on the branch of a tree. Seeing the whole picture, it has a completely different perspective. It is only then that it can truly see where to go and what to do. When we get absorbed in a situation or relationship, we lose perspective, we are like the ant, we get too involved in the details, missing the 'obvious', and cannot imagine, or think of other possibilities.

Message for the day

To be free from the identification with negativity is to be always light.

Expression: The one who identifies with his negative traits is always thinking about it. There is a trace of this negativity that is seen in everything he does or talks. He is not able to be free from this negativity because with each passing day the identification with it becomes stronger. Slowly others too start perceiving him in the same way.

Experience: When I am able to be free from the identification with my negativity, I am able to be constantly light. There might be situations or people who might provoke my negativity, but I am able to maintain my inner positivity. This is because I have managed to finish my identification with the negativity.