



Princess Diana

**The loving acts of a generous heart always bring about happy outcomes.**

## Choices

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.

### Frozen Perceptions

Like water, which over a period of time freezes and takes the form of frozen ice cubes, when kept in an ice tray; **perceptions of different things, people and events, inside our consciousness, which come onto the surface of our consciousness regularly i.e. we shape our thoughts, words and actions based on them, regularly, take the form of rigid perceptions over a period of time.** These rigid or *frozen perceptions*, which sometimes never liquefy in our entire lifetime, are commonly called our beliefs, which can stick in our consciousness like ice cubes and be difficult to uproot at times. **One of the greatest harms that holding to a set of beliefs does is, that it doesn't let us see from other peoples' point of view.**

Let's say two people look at the same painting from two different points in a room. One describes what she sees and how the painting looks to her. Then the other describes how the painting looks to him. Both perceptions are bound to be different to some extent. They are different because they look from different angles, different *points (places) of viewing* in the same room. So who has the right view? Neither. But what both of them see is right from their point of view. Another e.g. is, there is Mrs. A at my workplace, whom over a period of time, I have been seeing from a certain *point of view* and have started perceiving to be inefficient. Bringing this perception into my consciousness repeatedly has frozen this perception inside my consciousness and it has taken the form of a belief, which may be incorrect or correct, partially or completely. Now even if three different people who have all seen Mrs. A from three different *points of view* i.e. in three different set of circumstances, and have seen three different shades of

the same virtue i.e. efficiency in her; come and share their different, but all positive and right perceptions with me, depending on their respective circumstantial view, I will not agree with them and not respect their perception because a person with unfrozen perceptions would at least give a hearing to others' perceptions, but someone with frozen perceptions, i.e. with fixed beliefs, is not able to do that and is not able to empathize with or see from others' point of view.

## Soul Sustenance

### Taking Charge Of Your Responses In Close Relationships

In relationships with your loved ones, when looking at the other, sometimes positive emotions are generated and sometimes negative. On the one hand, joy, love and happiness is generated on being with them; but then attachment, dependency and expectations are generated. **In such situations, you are more focused on others and are always looking at the other person's behavior, you stop seeing yourself and being aware of your reactions and taking the responsibility for the responses that you create.** You get frustrated when the other person does not meet your expectations. As you depend on them, if they don't act as you would like, if they don't reach home or call you at the time you would like; all this frustrates you. You radiate this energy to the other: "they are not doing what they should be doing," and so you feel frustrated and discontented.

All the while that you hold the other one responsible for your frustration, you are not in charge of your own reactions, because you have given power to the other to dominate your emotional world. It is there that **you lose your freedom. You lose your freedom because you give to the other, in the name of love, power over your own moods.** You allow the other's energy to enter your inner world and cause inside you **frustration, bad moods, irritation, sorrow and a mental and emotional dependence** where you are constantly thinking about where they are, what they have to do, what they have to say, where they have to go, and all this consumes a lot of your mental energy. Wanting to control the other and the frustration that it brings with it uses up a lot of emotional energy.

## Message for the day

### As is the seed so is the fruit.

**Expression:** Several times we find things happening unexpectedly. Yet, there should be the understanding that nothing is unexpected or a matter of chance but everything depends on the seeds previously planted. When there is this understanding there is no passiveness but there is an ability to take responsibility and better the situation.

**Experience:** Every thing I do has a deep significance and an importance for what I have to attain. When I understand this fact, I am able to make the most out of what I have. I am never discouraged by the negative results that I get today, nor do I take myself to a great height for the positive things that I get. I remain stable and make the best use of what I have.