



Big Heart

Be quick to forgive any form of insult, and slow to forget
the importance of a big heart.

Traffic Control

The mind thinks many thoughts, leading us in different directions. No wonder there is so much chaos in the mind, creating traffic jams and even a few accidents!

Now imagine the state of the roads if we didn't have any traffic controlling mechanisms! So, what's needed is a traffic control system for our mind.

At regular intervals throughout the day, stop and control the traffic of your mind. Change negative to positive. Where there are waste thoughts, put a full stop and let it go.

The Principle Of Focus and Flow (cont.)

With reference to the sun and the earth (explained yesterday) - in certain situations and moments we need **focus** (like the sun), that is, a concentration of **thought, will power and understanding**. These three need to be together in one focused point if we are to reach depth and newness. However, if we become over-focused, then rigidity and pressure gradually set in. This subsequently leads to an imbalance that makes us lose our creativity and openness to new vision. Once we have learnt to focus, then it will require less effort and, eventually, the **flow** (like the earth) will become natural.

In **focus**, we find **vision, inspiration and understanding**, and in the **flow**, we find **expression, experimentation and experience**.

It is important not to over-flow, otherwise we get lost in a flood of over-thinking, over-speaking and over-doing. In such a state, there is no direction to guide the expression and things become unclear and delicate. At such a point, we need to recognize that it is time for focus again.

According to necessity, a human being needs to move between focus and flow and it is only through the ability to discriminate, that we can know when and how to do this. Everything has its time. We are eternal beings working in time, so we need to know the balance between **focus** - where we find truth and purpose - and the **flow** of time - where we find expression and experience.

Soul Sustenance

Practical Ways of Changing Old Habits or Beliefs (Part 1)

Motivation for Change

An important factor to start positive change in our lives is for there to be a passion, a powerful force that leads us, a final goal that keeps us motivated. It is important to set yourself goals, to be convinced and to have the confidence and faith that one can reach them, since in this way we will make a daily effort to achieve those goals. There needs to be a clearly defined sense of purpose to your existence, clarifying the values that must guide your life in order to achieve these goals and establish the steps you must take for inculcating these values. If, at a subconscious level, you allow a mistaken purpose to be created, or there is a lack of true purpose in your life, then you will not be motivated to know and change yourself. Many people think that the purpose of their life is to survive and they use the language of survival in this way: "Life is hard out there. You must get whatever you can". They are not aware that they have chosen this purpose, but subconsciously it is what they believe they are here for, and this makes them think that they must accumulate, take, create barriers to protect themselves and compete with others.

(To be continued tomorrow

Message for the day

The one who is selfless is the one who is the best judge.

Projection: When I have to take a decision, either for others or myself, there is some kind of selfishness or greed involved in it. When I think only of my selfish desires, my judgment would not be accurate.

Solution: I need to be detached and see what benefit there is for each one with the choice that I am going to make. The more I think of the benefit of all, the more my judgment is accurate.