



## **Appreciation**

If I cannot appreciate what I have at the moment, how can I value  
what the future has in store?

## **To be a master is to win in situations.**

There is a long time practice of being a victim of situations. As is the situation, so is the reaction. It automatically results in a loss of strength and hope to make the situation better. On the other hand, to be a master is to understand that the situation is temporary and I have the power to change it. This will give me encouragement to make at least a small contribution to change the situation. Today I will keep a chart of the extent to which I have been a ruler. I will check how many times during the day I have kept the controls with me in the variety of situations that the day brings to me. This will give me a clue to the extent to which I am able to control situations and direct them to a positive way instead of allowing it to control me.

### **The Four Phases Or Ages Of Humanity - Part 3**

Looking at the complete human story explained yesterday, we are now at the darkest period in human affairs i.e. the end of the Iron Age or *Kalyug* . Our spiritual power is at its lowest level. We are no longer one world but broken up into around 200 nation states. Like children playing all day in the forest until night has arrived, we realize that we don't know where we are or how to get home. We start to argue and fight with each other and small groups break away and go in their own directions. Many of us feel a sense of being lost. Our cries for help take many forms.

The world is full of fear instead of love, vice instead of virtue, sorrow instead of happiness, conflict instead of harmony. These are all symptoms of ill health at the spiritual and mental levels. When they have an impact within us as individuals, they result in physical disease and, when they become a part of our relationships, we harm each other (mentally and physically).

The only way we can heal, renew and re-energize our spirit or soul is to turn our faces to the Sun of Spirit or the Supreme Spirit (God) and, in that spiritual relationship, be open to receiving the pure light and love which reawakens, heals and re-energizes the soul. The healing of our relationships can only happen when we, as individuals, realize that we are sources of love, children of the Ocean Of Love.

(To be continued tomorrow ...)

## Soul Sustenance

### Self Empowerment

Our **internal strengths** create the foundation on which we make our decisions in life, how we relate to others and how we understand ourselves. For most people their strengths are understood but never made very conscious. They lie below the surface and are not openly talked about. Bringing them into our conscious understanding improves our process of **self-empowerment**.

To **realize and review your strengths**, sit comfortably in a pleasant atmosphere and answer silently the following questions:

- A. Look back into the past and remember the times when you experienced your greatest successes. List the unique talents or strengths, which you made use of at those times.
- B. List the specific features, which you admire in yourself.
- C. If you were to take the opinion of your family, friends and colleagues, what strengths would they say that you have?
- D. List your most valuable assets.
- E. Now examine your answers and summarize. **What are your main strengths?**

### Message for the day

**The one who is a giver, has attention constantly on giving fully.**

**Projection:** When the system that I am working in doesn't let me give maximum benefit to the people around me or deprives them of their natural right, I tend to react negatively. I tend to become upset which doesn't help either of us in anyway.

**Solution:** When I remember and maintain the awareness that I am a giver, instead of complaining about the restrictions that society or people around me impose I continue to give those around me something that will make them happy. This could be in the form of kind and supportive words or at least an understanding smile. When I give in this way, it will make others too free from negative thoughts.