



## **Happy Outcomes**

The loving acts of a generous heart usually bring about really happy outcomes.

## **To have the ability to smile is to bring solutions to problems.**

To be worried when things go wrong is to lose the ability to find solutions. But, if I learn to smile at situations, I will be able to see situations in a calm and peaceful way. I will then not only be free from the negativity of the situation in the present, but I will also help find solutions for the future. Today I will find one positive thing from something that I am not happy with. This will help me smile at the situation without being affected negatively. When I remind myself of this positive aspect again and again, I will surely be able to work on the situation and make it better.

### **Principles for the Body To Make Early Morning Meditation Successful**

- \* Rest well each night. Avoid going off to sleep later than 10 p.m. especially when there is no time for an afternoon rest.
- \* Make sure the evening meal is taken early or only have a light meal before bed, and a heavy breakfast. Light eating with plenty of fresh fruits and salads makes the mind light.
- \* If I am very, very tired at night, it is better to do some light housework until the stage of tiredness passes, rather than surrendering to sleep at this moment. If I go to bed with a heavy head I rise with a heavy head.
- \* Do not talk unnecessarily before going to sleep.
- \* Be warm, yet avoid over-heated rooms.

(To be continued tomorrow ...)

## Soul Sustenance

### The Benefits Of Soul Consciousness (Part 1)

The following differences between body consciousness and soul consciousness, will make you realize the benefits of soul consciousness (the practice of meditation make us soul conscious):

In Body Consciousness: I am in bondage (not free).

In Soul Consciousness: There are no bondages, I am free.

In Body Consciousness: I have many questions and few answers.

In Soul Consciousness: I understand everything that I do.

In Body Consciousness: I am afraid of dying (losing the body).

In Soul Consciousness: I know I am eternal (the soul is beyond birth and death) and there is no fear of death.

In Body Consciousness: I have no control over sense organs e.g. eyes, ears, tongue, etc..

In Soul Consciousness: I am able to practice self-control.

(To be continued tomorrow ....)

## Message for the day

### Where there is peace there is patience.

**Projection:** My usual reactions to the stimuli around me are programmed, so I tend to be impulsive or react quickly to situations, I don't give myself time to think or understand. Because of this lack of patience I lose out on many things and I don't realise that I am losing out too.

**Solution:** At all times I need to make a conscious effort to keep my mind peaceful and calm, more so when there is a difficult situation. With this state of mind I am able to deal with situations patiently because peace brings power which in turn brings patience.