



Romani Gypsy Dance

## Happiness

It is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

## **See Positivity**

Usually negativity is very easily perceived and we tend to react to it. At that time we are not able to see anything positive in the situation or the person. Then, we only come under the influence of this negativity. But this helps neither the other person nor me in anyway. In order to enjoy everything that life brings my way, I need to start looking at the positive aspects in everything. The ability to see positivity will bring out this positivity more and more. Then I will be able to further enjoy and experience the sweetness of life.

## **Meditation**

Imagine you are walking along a crowded platform in a train station.

You know that where you want to go to is the other end of the platform where your train is waiting. You don't stop and talk to anyone on the way. If you did you would be delayed. You would fail to arrive at your train if you interacted with everyone on a platform that is continuously filled with new people. Meditation is exactly like this. Just as you cannot empty the platform of people just because you have a train to catch, you cannot just empty your mind of all thoughts just because you want to get to the destination (goal) or seat of your inner peace. Not at least until you are able to practice meditation correctly.

Remind yourself that you are not your thoughts, you are not your feelings, you are not your memories, you are not any of the voices in your head. You are the creator and they your creation, but they are not you. In fact they represent a platform of absolute strangers.

## Soul Sustenance

### What is Will Power?

The expression **will-power** is often used to refer to our ability to put into practice the ideas we know to be for our well-being and to resist actions (*karmas*) which are harmful. This is directly related to the soul's intellectual strength. When we speak of weakness or strength in the soul we are referring to the intellect. In the case of a weak soul (one with lower **will-power**) it is almost as if the intellect plays no part in determining which thoughts arise in the mind, but they come as if pushed by the *sanskaras* (mainly in the form of habits) or are triggered by the atmosphere around or the moods of others. On the contrary, a powerful soul (one with higher **will-power**) enjoys the experience of its own choice regardless of external stimuli (influence).

Rajyoga meditation develops the intellect to such an extent that this degree of control is possible. A practitioner of Rajyoga meditation can be in the midst of a situation of intense disturbance, yet remain so unshakably calm that the inner strength becomes a shelter and inspiration to others lacking in that strength. The weak soul is like a leaf at the mercy of the storm, the strong one, a rock in the face of a rough sea.

### Message for the day

**Success comes to the one who understands the importance of time.**

**Projection:** When we are working at a task, success doesn't come as much as it should because we have not been able to recognize the importance of time. Because of this sometimes carelessness sets in which makes us lose valuable time and interferes in what we are doing. Then we cannot give our best to the task.

**Solution:** We need to recognize the importance of time so that we never postpone what we can do now. We will then always have the slogan 'now or never' in our mind. Knowing that what we can do now, we cannot do it as well in the future, we'll give our best to all we do right now. This will enable us to use our time in a fruitful way and success will come very easily to us.