



Handling Rejection

When hit by rejection, know that you are not alone.
Beethoven's music teacher declared him "hopeless" at
composing, and Walt Disney was fired for "lacking ideas"!

Don't let the rejection hurt you.
Realize that rejection happens! Accept it,
it may be frustrating but it doesn't have to be devastating.

Learn from the rejection. Work out what went wrong,
what you could have done better
and how you can improve your approach.

Honesty

We normally understand honesty to be free from lying or free from falsehood. So although we try to be honest at that level we are not able to sustain that, as we face challenges from the environment. True honesty is more connected with our innate nature, than just being free from lies. When we are honest we are able to see what we need to do according the situation. We are able to bring about a change in such a way that we never repeat the mistake that we have committed.

Adopting A Wiser Perception

Depending on my choice of perception, I may see life as a battleground, where I face a constant battle from morning to night. The constant to and fro between family and work may tire me emotionally and mentally. If I let it and see it that way, life can also itself become the **cause** or **source** of my tensions. It may even seem as if the path of life is scattered with rocks blocking my way. Instead of stepping around or over them, I perceive them as being obstacles. The thoughts may come easily to my mind - 'If it was not for so-and-so or such-and-such, I would be able to...'. I may mention the same to my loved ones. Instead of bringing me any benefit, these complaints take me away from the power that I, the soul, have within of changing anything. I simply pass on my capacity to change, to persons or objects over whom or which I obviously have no control.

If I am fortunate to have a wiser perception which spirituality can give me, life can become a great place to learn and grow.

Behind seemingly difficult situations are my major lessons. Disguised in routine tasks are the sign boards that point me back towards truth.

Relationships that bring with them repeated scenes of negativity with the same person and for the same reasons show me the weaknesses I have to work on. Indeed, until I work on the eradication of my weaknesses, I keep repeating them. Challenges do come, but they help to bring out the best in me. **If I have the subtle eyes to see and the courage to go forward... life is a constant experience of reminders and benefits to progress along the road to my highest consciousness.**

Soul Sustenance

Overcoming Mood Swings

At each moment of the day, we have the capability to feel something. Our feelings vary throughout the course of the day. Sometimes they are joyful and sometimes they are painful. What we forget to do is to choose our feelings consciously. Instead, many of us have become lazy and allowed our feelings to be dictated and shaped by people and circumstances. In other words, we have become influenced. **Our swinging, changing moods are the result of the inner *karma* of becoming attached to things, people, ideas and circumstances.** If we are attached to a person and suddenly he/she leaves us we will feel gloomy and our mood of sadness will drain our energy just when we need to remain optimistic and enthusiastic about the future. Any form of loss will bring about a mood of sadness. If this sadness lasts for a long period of time, it will gradually turn into depression.

When we think we are consider the world around us to be our source of happiness and joy, our moods will fluctuate, even with the changing weather. **But when we are spiritually empowered or strong our happiness and joy come from inside.** We are stable in the face of praise or insult, loss or gain. We are no longer moody and stability becomes our basic nature. We are in control of our life, our feelings. And while we cannot control the waves of the ocean of life around us, we can control and choose how we will respond to outer events and people. When we do that, we will be able to choose what we feel, regardless of what may happen in our life. Life stops being a rollercoaster and becomes more of a cruise, less a storm and more a gentle breeze.

Message for the day

Feelings change intentions, thus changing actions too.

Projection: When there are negative feelings like jealousy or hatred towards another person, those feelings naturally create misunderstanding. Even if the other person has a good feeling while doing something, a negative intention is attributed and this naturally changes one's own behaviour or response making it negative too.

Solution: When there is the slightest bit of negative feeling within me for someone, it naturally creates further negativity from others too. I find everything I come across to be negative, like the one who wears coloured glasses sees everything to be of that particular colour.