



### **Something to Give**

Today, make sure whoever you come into contact with doesn't go away empty handed. They should feel that they've gained something from the interaction.

Find something to share that will benefit them and make them feel better. It doesn't have to be a physical object, it could be an encouraging word, a solution or even a positive thought or a good wish.

## Look Within

Usually, when in negative situations, we tend to search for happiness outside. We either try to find a temporary source of happiness, a diversion (which is more evasion) or we try to move away from that situation. But this only postpones the dissatisfaction for some time. Instead of trying to find happiness outside (which is anyway temporary), we need to look within. We need to find what really nourishes the spirit and gives us life. When we find our inner source of happiness, it remains stable and unchanging even in the most chaotic conditions.

### Taking Responsibility, Overcoming Guilt (cont.)

If there are people or situations that lead you to fall over the same stone i.e. they lead you to make the same mistake, which was committed earlier, again, **perhaps you will have to avoid them for a few days or a time, until you have strengthened yourself and have the inner security that they will not influence you.** This is not running away; it is wise knowing your weaknesses and knowing that to get into similar situations with the same people is only to repeat the same errors and to worsen your wellbeing and that of the other. Trust in yourself. You can overcome these mistakes and stop making them. It is a question of loving yourself and living. Out of love, you stop hurting yourself and hurting the other.

Crying over past mistakes, you don't mend anything. Open yourself to forgiveness. **Raise the level of your thoughts so that they don't keep you in a state of sadness and loss of hope.** Don't allow your inner judge to sentence (punish) you each time that you act, since that way you won't feel free. Your judge that you carry within makes your life bitter; however, it is you that gives this judge the capacity to exist. **If the inner judge is in harmony with our conscience, it is good, because it wants to protect us.** On creating guilt it warns us that we have broken a rule of our code of beliefs, values or behaviors. It alerts us to the fact that we are acting against something important of ourselves. At those moments it helps us to observe and question what is real, true, important and even sacred in our life and for us.

(To be continued tomorrow ...)

## Soul Sustenance

### Unloading Your Pressure Baggage

On a spiritual level, pressure can be defined as external force acting on us divided by our ability to bear the force or resist it. Thus, force and resistance capacity are two variants in the equation of pressure. Everyone has different resistance capacities. **Two people with different resistance capacities will experience different amounts of pressure on being subjected to the same magnitude of force. A feeling of pressure absorbs our freedom and gives us an experience of being ruled by an external entity.** There are a lot of people who hold the belief that they can experience freedom only in the absence of an external force, which is almost impossible, since there is almost some force or the other exerted on the soul by ups and downs that takes place in the role that it plays through the physical body; which includes the physical body itself; profession; family; wealth, all types of relationships, etc. Even our own personality, thoughts, feelings, emotions etc. exert pressure on us at times.

**Apart from the resistance capacity, the other variant in the equation of pressure is not only force but our perception of what the magnitude of the force is. This depends primarily on the beliefs that we carry.** Two people will perceive the same situation in their role (as explained above) as forces of different magnitudes. While we hold the belief that life events, people and their expectations from us, are the forces that are the causes of our pressure, we will be able to do little to change the habit of being pressurized. It is we who pressurize ourselves and allow the outside to pressurize us. We can either go through our life journey while experiencing feelings of being emotionally imprisoned, confused, rushed and hurried, or we can do the same with the power of faith and determination, at the same time remaining patient and maintaining our inner emotional stability. In some cases, some of us put pressure on ourselves, because we carry the belief that a bit of pressure is good in order to achieve what we want; it provides us with positive energy and motivates us. So this is an example of perceiving a force in our life, a force which does not exist. Such kind of pressure can deceive us and give us a feeling of being beneficial in the short term but it can have harmful effects on us in the long term. Some others might not experience this pressure because they do not carry this belief at all and don't invite this force.  
(To be continued tomorrow...)

## Message for the day

### The power of stability enables to cross over all obstacles.

**Projection:** The one who is stable is not influenced by one's own old habits and tendencies to react, but is able to think and act properly under all circumstances. The power of stability brings forth the best decisions in the most difficult times, brings solutions and helps in lessening the impact of the obstacle itself.

**Solution:** When I am stable on the seat of a master, I am able to be free from the influence of my own old habits, those that are of weakness. Instead I am able to transform old habits into new ones, making them into those of power. Learning to be stable in the most difficult situations, enables me to cross over all obstacles very easily.