



## The Lens of Perception

Just like a camera lens, we see the world through the lens of our perceptions.

When there's a dust speck on the camera lens or the lens is out of focus, we move around with a blurred perception of reality.

To see reality more clearly, adjust and clean the lens of your perception.

## **Crossing Negative Circumstances Or Situations (cont.)**

The challenge lies in knowing what the strategy is to learn to live through negative situations without allowing them to influence our emotional and mental state.

**In order to achieve that, in the first place, we should change our interpretation. Instead of interpreting the situation as an obstruction, interference or barrier to our path, we need to change our perception. We can ask ourselves questions like: What has this situation taught me? What does it say to me? Remain detached, observe and listen before reacting immediately. From detachment, observation and listening we can have a more practical and wider perception.**

**We are the creators of our realities.** Reality, in itself, does not create for us stress, pain or unhappiness. It is our way of looking and interpretation of reality that brings about these reactions. Therefore, we have to review how we perceive situations and with what beliefs we interpret and judge them. Reinterpreting the situation, the concrete reality, implies allowing the old perception to die in order to make room for a new vision. Without the old dying, the new cannot be built correctly. Instead of seeing people or situations as obstacles on the path, we can see them as opportunities to practice patience and tolerance, to know how to listen, thank and love. They allow us to widen our capacity to co-operate and enlarge our heart so that we might be more generous.

(To be continued tomorrow ...)

## Accurate Efforts

Normally we tend to associate success with what we get, rather than how much effort we put in. So sometimes when things don't turn out the way we expect them to, we tend to have negative feelings because of the thought of being unsuccessful. So we tend to stop putting in further efforts for success. When we put in accurate efforts for the success of every task, we naturally try to do the best. Because of our own contribution, others too help us and contribute whatever they can to achieve what we set out to do. So there is success in everything. When we do the right thing, we will be able to experience constant self-progress, even if the result is not what we have expected.

## Soul Sustenance

### Vision, Goals, Strategies And Action Plans

A **vision** is what you can see but not yet reach. The most powerful dimension of vision is not the long term dimension but actually the way you choose to see yourself in your work, circumstances, relationships, etc. Important changes start occurring by simply choosing to see things and people differently. That will have a huge influence on the decisions you make and the results. This is the power of vision.

**Goals** are aimed at achieving the vision. They should be achievable in a short span of time and represent what you can see and reach. Goals should be specific, measurable, actionable, relevant and time bound (SMART).

Clarification of goals then sets the agenda for the **strategies** (how) that are necessary to achieve those goals, to drive those goals forward. The strategies then need to be broken down into very specific **action plans**.

## Message for the day

**The one who is loving is the one who experiences freedom.**

**Expression:** The root of suffering is attachment, because attachment makes one bound. To be truly free means to learn to love and appreciate while remaining independent. Others' state of mind or task does not negatively influence one's own responses to the outside environment. There is the ability to be free and express one's own specialities without being coloured.

**Experience:** If I cannot keep myself free from attachment I am constantly experiencing suffering. Because I am attached, I am dependent on someone or something I have created a space for in my mind. When that person or object is criticized, neglected or not with me, I feel pain in my mind and I experience a sense of loss. Then I am not able to be loving.