



The Salar de Uyuni is the world's largest salt flat at 10,582 square kilometers (4,086 sq mi) in Bolivia. The hotel is made of 1 million 4-inch salt blocks, used for the floor

## **Make Worry Work for You**

If you're worrying about something, address the worry, there's obviously something that needs your attention. Worrying serves no purpose unless it spurs you to move into action.

Ask yourself, if what you're worrying about were to happen: How bad would it be? How would you deal with it?  
Is there a positive possibility within the worry?

Turn the worry into something positive and make the worry work for you!

## **Crossing Negative Circumstances Or Situations - cont.**

In order to have a wider perception and not to drown in any negative situation i.e. not to get affected by it, you can position yourself in a positive way. **Instead of losing respect for the self and developing a negative consciousness, if you make your consciousness positive and stabilize yourself in respect towards yourself, in maintaining your positive and powerful self-esteem and a healthy distance (not necessarily physical distance, but rather by not letting the situation absorb you), you will be able to have an eagle's vision. From above, everything looks smaller. It is easier to get over something small. You can. \* I am a victorious soul or \* I am a destroyer of obstacles are examples of positive consciousness.**

Whatever happens, it is important to always be aware that you create your thoughts and you allow the situations to have greater or lesser impact inside you, according to how you see them. **Learn to create thoughts full of courage, trust and determination. Spirituality and the practice of meditation helps you do just that. Those thoughts, charged with positive energy, will help you to allow each situation to pass; to really overcome it and leave it behind; for it not to remain alive in your thoughts or in your memory.**

**With the power of a mind that creates thoughts full of good energy, wherever you go, you will create a pleasant atmosphere.** Your vibrations will create spaces full of beauty, love, trust and peacefulness; spaces where all those who enter will remove their masks and will connect again with their true self.

## Soul Sustenance

### Breaking Down Patterns Of Negative Thoughts And Feelings

Having understood that the source of our feelings are our thoughts, we realize that right through our journey in the physical world, in many births, **we have repeatedly built up enormous webs of negative and harmful thoughts and feelings, creating many unnecessary difficulties for us, internally as well as externally.** The habit continues in my present life too. **Meditation helps me to untangle this mess, and break the habit.** It helps me come to terms with what is going on in my own inner world and understand how I create thoughts and feelings, how to take responsibility for them, and how to tap into my original, positive inner resources, which helps me displace negative patterns of thoughts and feelings. So, meditation is not merely a relaxation technique but a powerful tool for a seemingly difficult task of self-transformation.

**To get the positive cycle of thoughts and feelings working in my life, the easiest place to start with is our thoughts.** It's not very difficult to change our thoughts. It just requires attention. And by changing my thoughts, it becomes easy to change my feelings. In meditation, I decide that for a few minutes, each day (it could be as less as 1-2 minutes or as much as 25-30 minutes, depending on the external setting I am in) I am going to set aside negative thoughts which are weak or wasteful, and create pure, positive, powerful thoughts, based on the awareness of my spiritual identity. As I do this, I begin to experience the original resources or treasures of the self. As a result, positive and powerful feelings for the self and others emerge.

## Message for the day

### To consider oneself an instrument of God is to be light.

**Expression:** To be an instrument of God means to allow God's qualities to flow through one's life. It means to be available for God's task to happen. The ones who considers himself to be an instrument neither has ego of the work that is done through him nor has he any difficulty in dealing with situations. He is able to do everything well and with ease.

**Experience:** When I am an instrument of God, I am able to remain light even while being responsible. Being an instrument I would naturally consider myself responsible for God's task to be done through me. Also since I am God's instrument, I feel the responsibility of making myself more and more beautiful.

## Celebration

Normally we celebrate for some time and at that time forget our worries. But once the celebration is over we come back to our routine thoughts. Celebration is seen as something temporary and is in the company of those dear to us. But not always do we get such a chance to celebrate. Hence we usually keep looking forward to some new celebration. Real celebration is to enjoy the beauty and joy of each and every moment. This moment is special and it is this moment that is the real celebration. Such celebration keeps us in constant enthusiasm. So we will stop looking for special occasions to be happy but will be able to make the best use of this moment and give others that experience too, instead of being dependent on others for celebration.