



## Like Your Dislikes

In our lives there are probably activities we dislike, people we don't like.... Most often, irritation and anger arises from being rigid about what and who we like and dislike.

The next time you find yourself saying, "I don't like..." pause and ask yourself, "Can I like this dislike? Can I find something positive about this dislike?" If you can't, then maybe dislike a little less!

Liking your dislikes might just make you calmer and an easier person to be around!

## The Thought Destiny Cycle

The process by which we create our own destiny is quite easy to see in theory; however it requires some checking to see how it matches the reality of our practical lives. Here is the process in brief:

- \* As our **intentions**, so will be our **thoughts**.
- \* As our **thoughts**, so will be our **feelings**.
- \* As our **feelings**, so will be our **attitudes**.
- \* As our **attitudes**, so will be our **actions**.
- \* As our **actions**, so will be our **habits**.
- \* As our **habits**, so will be our **personality**.

As our **personality** in all our relationships on our journey through life, so will be our **destiny**. So watch your thoughts! Be aware of your intentions! Our intentions are based on our **beliefs** about who we are, where we are and why we are here. If we believe we are the physical form, our belief will be that we need to survive as long as possible. This leads to the intention to get what we think we need before others, which leads to competition, which leads to feelings of fear. Our destiny gets shaped accordingly. When you know you are the non-physical and immortal (which is neither created nor can be destroyed) energy, a soul, then survival is no longer an issue and your intention is one to **include, connect and co-operate with and enlighten others. The service of others at a spiritual level becomes the highest intention in action.** It is fully free from fear and can be seen as an act of love. This is why competition and authentic spirituality can never be found together.

## Soul Sustenance

### The Limitless Mind

If we compare the two entities – **mind** and **matter** – the most obvious difference between the two that comes to the forefront is that one is non-physical and the other is physical. Another very important difference between the two is that whereas on one hand, **matter has limits**, in the sense, that's **its fixed in time and space. The mind, on the other hand, is beyond limits, in terms of physical parameters. It's not fixed in time and space.**

When we take a close look at what is going on in our mind, its power becomes visible to us. Since its not fixed in space, it can link me to a friend in, as far as, Washington or Singapore in less than a second. My mind can even move in many different directions at once. Since the mind is not fixed in time, I can think about yesterday, or about fifteen years ago; about tonight, or the next three years. That's the reason we can say that the mind is limitless, hence powerful.

**Thoughts also have different levels of power.** Sometimes they fly past the mind leaving hardly any impact on us. At other times, they are accompanied by such feelings so as to influence our entire perception, even our complete inner mental state. Thinking about a visit to Kashmir I made last year, for e.g., I could find myself carried back mentally into the beautiful experience and its attached emotions. Filled with happiness, I will even radiate this happiness to others nearby, through my thoughts, facial expressions, words and actions. On the other hand, thoughts about the death of my close relative a few years ago will have an opposite impact on me in the present moment.

## 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.

## Inner Power

When there is the connection outside without looking within, there is the inability to be the best and do the best in situations. Instead, if there is a constant connection within, before the connection is made outside, then it becomes easy to express the inner qualities necessary to deal with the problems outside. When we allow our mind to get disturbed over small things, it will cost us our peace of mind. We are not able to retain our inner power, which is needed to experience freedom. On the other hand, if we are able to retain our inner peace, we can be connected with our innate divine nature. We are able to experience true mastery.