



Heart Song

Everyone has a song in their heart. Everyone has a reason for being here and a season for making their highest, greatest most auspicious contribution. No one knows what that is or when that is for anyone else. Only our own heart knows what and when it is for us. Your heart wants to sing. Don't die with your music still within you. There is a reason for everything and a purpose to your life. Too many fail to listen to the song in their heart and therefore fail to find their purpose and their part. What makes your soul sing and your heart dance? Actually your heart is your soul and you are both! Ask this one question of yourself but don't be in a hurry to answer it. Live in the question for a day, a week, a month. Let it invite your heart to speak to you. And when you are absolutely sure what your heart is saying is true then begin to invoke the changes necessary in your life so that you live in alignment with your song. Be patient with this. relax7

Projection Of Mental Energies In Relationships

Sometimes in relationships, **you believe that the other person is hurting you because they do not meet your desires, but in such cases how can you know if it is really true?** Let's go a step ahead; **does the belief that they are going to hurt you influence the situation until in the end it happens?** Perhaps they won't hurt you. Your belief that the other is going to hurt you is not so powerful that it will necessarily affect the other person. But it affects you yourself. They may not hurt you at all finally, but you will end up hurt, you will become emotionally ill, even psychically ill sometimes. The symptoms will begin to show themselves and you will say: "Did you see? I feel hurt, I keep telling you so." So **your** belief caused **you** to get hurt and not the other.

The other person isn't you. **In relationships, a moment comes when you don't know if it is their fault or yours, if it is their responsibility or yours, if that person has caused the irritation inside you, or if it was you, if that person began the argument or it was you, if they created the conflict or if it was you, because we project (throw) our energies onto each other.** All of this drives us to frustration. A lot of power, negative or positive, is needed for a person to be able to influence others with their consciousness, it is easier to influence ourselves. This is a basic principle of human relationships, which we don't understand. We don't understand, and the reason is that we don't see ourselves, because we are always looking at the other, putting the responsibility onto them, blaming them, criticizing them.

Insight

Just as appearances in life are deceiving, so what we see in within ourselves during our meditation can also be deceiving. While we have two eyes to observe the world around us, we have a third eye through which we can see our inner world of beliefs, experiences, memories, traits and tendencies. This is the eye of the intellect which is designed to give us insight (sight inwards). It is a vital aspect of our consciousness which we need in order to understand ourselves and others. This insight alone reminds us we are responsible for everything we think, feel and do, and that we have the power to choose how we experience and respond to life around us. To someone with a victim mindset this one insight represents liberation. As meditation sharpens the focus of our inner eye, a thousand other insights are possible and enlightenment is never far.

Soul Sustenance

At Peace with Time - The Key To Relaxed Living (Part 3)

To live at peace with time is to live it with peace, trust and determination. It is different to living it out of conflict and forcing things. **In order to live true freedom of being, we have to make friends with time and stop living stressed in time.** We have to **trust**. Trust that you will arrive on time, that you will do it on time and, if not, that a particular problem will be solved. Don't let time be a stress factor. When we live stressed because of time, we lose the best of life. We stop living what is essential and important, and we get lost in the details: I have to go here, I have to finish this, I have to call up someone, and endless amounts of 'I have tos' that consume our mental energy and make us get lost in the details of the trivial (ordinary). As well, in hurrying, we lose quality. **You can do everything, but without losing what is essential; do it with love, with care, with interest, with enthusiasm, with motivation and with focus.** That way every small action that you take will have a greater impact, will be more fulfilling and will bear a more positive fruit. (To be continued tomorrow ...)

Message for the day

To have the ability to listen is to learn

Expression: When there is the ability to listen there is the ability to understand others and what they are saying. So the one who listens is able to learn from every situation and each and every person whom he comes across. So what he does and what he speaks is much more effective.

Experience: When I understand that I am a student for my entire life, I am able to be open to learning. So I am able to listen whole-heartedly. Then, instead of only putting across what I have to say, I am able to pay attention to what others are saying too. I am thus able to enrich myself with new treasures constantly.