



Motivate Yourself

It's a tough life. Some days it's hard to get out of bed and get going. Why? How come our levels of enthusiasm seem to fall so easily? Why can't we get ourselves motivated? Simple, really. We try to reverse the energy flow in a universe where all energy is radiating outwards. We try to break one of the spiritual laws. We are taught that winning and achieving is about getting and

keeping, when the truth is that it is about giving. Winners are go givers not go-getters, and their definition of winning is not getting one over on the other guy, but overcoming their inertia and giving something of themselves to someone or something other than themselves. This reverses the flow of energy from outside in, to inside out, and as we all know, the deepest satisfaction in life comes from giving. While it is hard to fathom living a life of giving, when everyone else is on the take, there is an ancient law which ensures that if we did, we would never go without. I think you know what that law is. It allows you to be motivated in a completely different way. No need for any magical formulas or rigid belief systems ... try it today!! What you give is what you...

relax7

Fortune

Fortune is usually perceived as having a chance to be in a special place or to have the chance to do special things. Life reveals that we cannot always be in such a position nor do we get a chance to do such special things. At such times we tend to consider ourselves less fortunate. All we need to do is to make a value addition to every task we do. We can do this when we are stabilized in our state of self-respect and we are aware of our specialties. When we are connected to our specialties in all we do, we can make even our most ordinary act special. This is to be really fortunate.

Experiencing Perfection And Success In Role Playing (cont.)

While playing my different roles, another important ability (a few abilities were mentioned in yesterday's message) that I need to possess is to become victorious over the different scenes that I play. What does that mean? **I need to remember that every scene, every act, whether positive or negative, in every role, shall pass.** No scene or act is permanent. **What happens is that, in a bodily consciousness, each time I am part of a positive scene in my life; I tend to become attached to it and want to hold on it and keep it with me permanently, which is not possible. And each time I am part of a negative scene, I tend to become impatient and want it to get over as soon as possible, which again is not possible all the time.** As if a few minutes or few days of the scene or act are difficult for me to pass or bear. Positive scenes bring me into a strong, temporary wave of happiness or excitement and negative scenes into a wave of deep sorrow, both of which are incorrect emotions. To make sure that I don't get taken in by both these waves, which is becoming victorious over scenes, I need to remain detached while playing different roles in different scenes. I will be able to become a master at this detachment, again when I am established completely as my spiritual self.

Separating role and actor increases opportunities for seeing what my role actually demands, and reduces the chances of being unduly influenced by others. **Stepping away from the stage, even for a moment, I'll see more clearly how the other actors in that particular scene are behaving, and what is required of me.** So, in this regard, it's a good practice that at different times of the day, I step back for a few seconds and detach myself from the role that I am playing and remind myself that I am a pure being of consciousness, a sparkling star like energy full of peace, love and happiness and nothing else. This is my spiritual identity.

Soul Sustenance

Your Identity is Your Destiny

There is a direct connection between identity and destiny. It's a simple process to see and understand, even on a daily basis. If you wake up irritated (in a bad mood) it means you are seeing yourself as an irritated being (soul). Perhaps you even think and sometimes say to your self, "I'm irritated today."

It means your self-identity is negative. So you filter the world through your negative filter and the world actually looks like an irritable place. As a result, you think negative thoughts, generate a negative attitude and give negative energy to others. They in turn will likely return the same negative energy, which you are sending to them and perhaps avoid you altogether. So your destiny of the day becomes Not so positive! Now see the same principle and process in life on larger scale. Look around outside you now, and you will see a reflection of how you see your self inside. Your circumstances, your relationships and even the events of the day reflect back to you how you see yourself.

Message for the day

The one who is able to discriminate well is able to bring about real benefit.

Expression: Everyone naturally works for the benefit of the self and others. But the one who discriminates well is able to understand the other person's need and give accordingly. So whatever is done naturally brings benefit for others and also for the self.

Experience: When I am able to bring benefit for the right person at the right time with the right thing, I am able to win the trust of the other person. I expect nothing in return, but have the satisfaction of helping at the right time.