



Help Yourself

Unfortunately these two words tend to describe the generally selfish and materialistic culture in which most of us live. They result not in self-help but in dependency. Our education and our role models do not encourage us to help ourselves to grow, change and expand our capacities as human beings. Real self-help means recognising that no one else is responsible for our thoughts and feelings, and that we are only ever victims because we choose to be. Our destiny is always and only in our own hands - despite all apparent evidence which may indicate otherwise. Learning to help ourselves is also a prerequisite to extending a hand of assistance to others. We all need a leg up from time to time, but once there, we are always on our own.

Power of Truth

True courage comes when there is the power of truth within you. When you are constantly truthful, you will have nothing to fear. In all the challenges you face everyday you will be able to maintain your courage because of your power of truth. Make sure your actions are based on truth and when things go wrong, you will still be able to maintain your courage. Keep reminding yourself that you have the power of truth with you and you will be victorious, whatever may be the challenges that come your way.

Revising My Purpose In The Professional Sphere

A young entrepreneur once thought that, in the corporate world, if you earn this much amount of money successfully in a short span of time, you are considered better than the remaining entrepreneurs and you reach the peak of fame. A time arrived when he said to himself "This is stressful. Is this what I want? Working so hard to reach the top, so that you become famous in the entire country and are known amongst the fastest growing businessmen. No, I want to excel in my career, but in another way, without stress, without fighting to reach and maintain fame and power." He then revised his purpose: "What do I want? Why do I do what I do? For what and for who do I do it? What is the price that I have to pay for this dependence on fame?"

Aspiring to be famous causes continuous stress and anxiety. You participate in a race in which you compete and are comparing yourself constantly. You stop taking care of yourself and nourishing your inner self. You take care of your image but not your inner being. This brings about an inner emptiness and loneliness that, sometimes, is unbearable for us. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, a broken apart family and a sick body, causes anxiety and depression. We need to look inwards and ask ourselves - does our life's purpose revolve around the search for fame and power? If yes, then we need to revise our purpose suitably by realizing the negative effects that this search can have on our lives.

Soul Sustenance

Awakening Your Intuition (Part 1)

In real life, we are faced with many situations when important decisions have to be taken, a particular path to move ahead has to be chosen. At such times, our mind is filled with various different voices or influences like the influence of people surrounding us, who give their different opinions regarding the particular situation; they say something, our mental logic along with knowledge of people and things, says something else, then there is the influence or memory of our past experiences which colour our perception of the present situation differently. Also there is the influence of the outside world in general - all that we see, hear and read. There are also our attachments, selfish desires, fears, mental biases towards a particular person or situation, emotions like jealousy and hatred, beliefs etc. which influence our perception. Our mind is full of all these influences, many of them even conflicting each other, and we experience complete turmoil or indecisiveness inside ourselves, we don't know what to do.

In such cases it is sometimes extremely wise to keep all these influences aside, sit in silence and listen to what our intuition is saying to us. There are many situations, in which after the situation is over, we realize that all the influences mentioned above would have taken us on the wrong path, but it was our intuition, our inner voice of wisdom, alone which gave us the right solution and took us safely to our destination. (To be continued tomorrow ...)

Message for the day

All desires end when there is the one desire to experience progress.

Expression: It is believed normally that in order to progress one needs to have desires. But desires are not always fulfilled and unhappiness is experienced because of it. Then I am not able to appreciate whatever comes my way.

Experience: I need to replace all my desires with one desire, i.e., the desire to experience progress. With this thought, I will be able to make the best use of what I get in the right way. When I move forward in this way making the best use of everything I will be able to experience constant progress.