



Artist: Vladimir Volegov

Create Vision

Never believe anyone who says we cannot change. Vision is one of the secrets of personal transformation. We are all artists, our mind is the arena of creation and vision is what we are constantly creating. What is your vision of yourself today – patient, relaxed, positive or tense, tight and negative? What do you prefer? So be creative – what does patience look like, feel like, what are you doing that is different when you are patient and you are expressing your power to ...wait? Always start with vision not action. See it and you will be it. Be it and you will do it. We don't 'get a life' as some would cynically tell us – we create our life.

The Flight Of Harmony

There are two faces to one coin; a person who wishes to live fully as a human being needs to understand that **the existence of one's unique individuality has to be acknowledged, as well as the existence of the group or collective.** One cannot exist without the other. Individuals who are developing spiritually feel a personal sense of value. They clearly recognize their uniqueness and have the feeling that there is the freedom to be whatever they choose to be. At the same time, their sense of personal independence allows them to come close to others and work with them. They do not have selfish independence. They get close to others because they have found fulfillment in their own self. Someone who has truly found the value of the self above and beyond labels, name, fame and approval can effectively cooperate within the collective or group and interact appropriately. Such people not only feel themselves to be a part of the whole but, even more importantly, the group or collective feels them to be a part of the whole.

In nature, when birds have to fly to a warmer climate in winter, they flock together and start their journey as a group. The success of the journey depends on the group: if an individual bird does not join the group, it cannot reach the destination on its own. Birds fly in a particular formation, with an appropriate space between them as they fly. If they fly too close to each other, their wings get entangled; they lose their balance and fall. If they remain too far from each other, the formation cannot be created properly, and they are not able to ride the currents of air, which help to propel them in their flight. Furthermore, the leader of the formation does not remain the leader throughout the whole flight, but moves back and allows another to take its place. This repositioning continues throughout the flight until the destination is reached, allowing individual birds to contribute to the success of the journey.

The reality of life is that we are individuals within a collective whole. Just like the birds, we are all a part of an unlimited Flight of Harmony.

Soul Sustenance

Tuning the Mind, Intellect and Personality (Sanskars)

The soul, is made up of three faculties - **the mind, intellect and personality (sanskars)**. In order to tune these to the highest degree of subtlety, precision and efficiency; we need to connect with the Supreme Soul, who is also a soul, just like us, but has a perfect mind and intellect along with perfect *sanskars*:

Mind - The Supreme Being or God is an embodiment of positivity – negative and waste do not find a place in his mind.

Intellect - He is also the purest living energy in the entire universe – he is the innocent Lord; a being of conscious light, who has never taken a body and thus never experienced the five vices – lust, anger, greed, ego and attachment.

Sanskars - God is the ocean of the basic virtues of the soul and of humanity – peace, love, bliss, joy, power and purity.

By this connection, gradually over a period of time, our mind, intellect and *sanskars* begin to become like his – mind becomes full of positivity; intellect begins to become pure and is able to take correct decisions so that right *karmas* are performed and *sanskars* become full of the virtues mentioned above.

Message for the day

The one with humility is the one who can be creative.

Projection: Creativity comes to the extent that the intellect is humble. Such an intellect is able to create something new. Because humility is a form of love, it brings the enthusiasm for creativity and the ability to bring newness in everything that is done.

Solution: Humility gives me an experience of being a master, of being powerful. This power comes from the experience of being a constant learner, because I have no ego of what I already have. This mastery makes me creative, making me bring newness in everything I do.

Do everything Properly

Even the smallest task that we do can become special when we understand why we are doing it. It then enables us to have respect for whatever we do. When we work with this respect we'll automatically do the best. We need to check what our feelings are in all the tasks that we are involved in throughout the day. In case we find any task as unimportant, it is better we don't do it. And every task we do, we need to do it with love. Let us also tell ourselves at the beginning of the day that today we will take the time to do everything properly.