



### **Oasis of Peace**

Deep inside our consciousness is an oasis of peace. This is the molten core of the soul, but it is not hot, it is cool. Not passive, but a source of inner power to fuel our mind and intellect, so that we can create powerful thoughts and make accurate decisions. If you can learn to go to this centre, peace will be your companion, positivity your partner, and you will be able to chill out in one second, anywhere, anytime. Returning to the centre of your self is the journey of one second. It is the regular destination of clever souls. And it is the source of your power and peace.

Being a Peacemaker - It's not about winning the Nobel Peace Prize. It is about choosing to be a peacemaker and working towards a win-win solution in every situation.

First, stop being at war with yourself, and when the turbulence in your mind ceases, you can begin to make peace with the world.

## Identify The Filters In Your Life

Like different types and different colour filters on a physical level; on a spiritual level, there are many different types of filters that work in our lives e.g. the jealousy filter, hatred filter, attachment filter, fear filter, greed filter, etc. and many more. **Due to these filters, we do not see people and things as they are, but as we are, because the filters are our own self-created ones.** If we want to see people and things as they are, we need to check which filters are working most in our lives. Each one of us has different filters working to different extents, depending on our personality e.g. someone might have the jealousy filter working more regularly as compared to the fear filter in his/her life.

**Because of these filters, everything that we see is not only coloured by the colour of the filter we are using at that time, but our look is also biased** as we choose what to see, what to give more importance, what to be affected by more, what to let through the filter etc. and what not to. We have and form a deceptive vision of the things and people that surround us inside our minds. And the longer this deformed vision lasts, the more we will convince ourselves that that is the true image of the world, because our filters continue to process new data depending on what they see that make the image stronger. **This reinforcing of the incorrect image builds up our database of incorrect beliefs based on different filters and makes them stronger and stronger as we go through our life journey.** Beliefs are fixed ways of looking at reality. Thus, the world that we perceive is no longer the real world, but a world created by our own mind. So in a way we become deaf and blind on a spiritual level towards the world. To heal this deafness and blindness, we do not have to remove each filter one after the other, which may become a difficult task; but we have to discover the pure, original internal self and start seeing everything without the filters, based on the pure-self point of view. As a result of that, gradually our incorrect beliefs start dissolving and correct beliefs start setting in based on our clean unfiltered view.

## **Soul Sustenance**

### **Can Love And Freedom Co-Exist (Exist Together)?**

Is it possible to love each other and be free at the same time? Yes. To reach this state in a relationship great wisdom is required. Most people love one another and tie one another down. Thus they lose their freedom. When freedom is lost, happiness goes away, and true wellbeing gives way to unhappiness. Often we look above all for love, a love we believe will change our life. We see it as the recognition of our inner value by another person. However, we trip over ourselves in looking for this love. Necessity is what motivates us and we try to satisfy it with an object or person who matches up to perfection. We have an immense emotional need for love, and the fear of remaining in a state of unsatisfied wanting. In our search to fill our need, we are prepared to deceive ourselves with unsuitable partners. Many people allow the love of another person to define their personality to such a point that, if they are rejected, they lose any sense of who they are and of the purpose they have in life. Often the relationship is colored, through one of the partners or both, by fear.

To free ourselves of the tendency to depend, we should have a strong heart, without any selfishness; a heart that has nothing to hide and that, as a result, is free and without fear; a heart that does not hold on to closed beliefs, to old negative experiences; a heart that has good feelings and is free of bitterness; a heart filled with the true values of peace, love, freedom and solidarity – which as a result is stronger and fuller.

## Message for the day

**To use the inner powers is to be a constant success.**

**Projection:** While moving forward I sometimes have doubts about my own power to succeed. So sometimes my powers remain hidden and I am not able to have the confidence or the enthusiasm to work on the situation.

**Solution:** Whatever the situation I am faced with, I must not forget my own inner powers. I need to recognize and use those powers which will help me overcome the situation. When there is faith within me, my mind will be open to the recognition and the use of these inner powers.

## Smile

Does a kangaroo wish it were an elephant?

Would a duck desire the life of a hippopotamus?

Does a jellyfish long to be a bumblebee?

Would a snake be happier as a giraffe?

How much time and energy do you spend wishing to be someone or something that you're clearly not?

Why not wake up everyday and smile because you're YOU!