



Idea

Those who are fired with an enthusiastic idea and who allow it to take hold and dominate their thoughts find that new worlds open for them. As long as enthusiasm holds out, so will new opportunities.

Going Beyond False Identifications

The more I identify with the physical factors of my life, the more I become a prisoner to my destiny or the various up and downs of my life. E.g. if my self-respect is attached to my beautiful new car, how will I feel about myself when the car becomes old and its beauty and shine reduce? Or if I my car is stolen or gets immensely damaged in a road accident? Then, I shall find myself in an identity crisis. The same will be true if my business or job is everything to me. If one day, I am in a good financial state and I enjoy a very respectable and dominant position, and the next day I find myself in a dispute in my profession and I suddenly lose all of that, and nobody wants to know me, I will feel as if I have lost my soul and have almost died. The problem is sometimes so great that people do, literally, lose their desire to live. It happens, too, in relationships, when your partner leaves you either due to a separation, a divorce or even death - a partner in whom you have invested all your love and emotions. Or if my identity is tied to my bank balance or property, and suddenly I am broke.

All of these are actually false identifications, and the crazy part of living this way is that I can never be satisfied, even if I succeed in maintaining my false identity. These kind of false identifications do not keep me placed stably on my seat of self-respect and either bring about an inferiority complex or a superiority complex - both of which are false, so both bring insecurity. Even while I am externally successful, having my identity based on that success means I am a slave to them. I've handed over my self-esteem to them. I become addicted to it.

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.

Soul Sustenance

Taming (Conquering) The Mind

In ancient times, the mind was understood to be extremely difficult to control. It was said to be like the wind: you could never catch it, or hold it - it went where it wished and no human being could become its master. In other instances, it was said that the mind was like an elephant: extremely powerful but equally gentle and patient, able to do a lot of work for its master. However, when an elephant turns wild, its gentleness and patience completely disappear and it destroys and damages everything in its path. When the mind is under stress, it resembles a wild elephant; it has no control and cannot be controlled.

Taming the mind is regarded as a great art requiring time, attention, practice and, above all, a sincerity of heart where individuals truly want to change their way of thinking. To relax, to be positive, to be peaceful and kind all require a change in our thought patterns and this can only happen when we look deeply within. However hard they try, other people cannot change us; we must have personal realization and the desire to make changes through our own effort. Permanent and positive change cannot be imposed from outside; it is something that we choose.

Message for the day

The best positivity is to have good wishes for the self.

Projection: When I recognize someone's mistake I do make effort to have good wishes for him, but when I make a mistake I am not able to have good wishes for myself in the same way. I identify myself with that weakness so much that I am not able to have positive feelings for myself.

Solution: Whatever happens, even if I make mistakes, I should not leave having good wishes for myself. I need to only have attention to learn from my mistakes and to maintain my own positive state of feeling for myself. When I do this I will be able to progress with ease.