



Samuel Reshevsky, age 8, defeating several chess masters at once in France, 1920

Failure

Failure doesn't mean - you'll never make it, it means - it will take a little longer.

To pass with honor is to enjoy the journey of life.

Just passing through a situation is nothing great. Even the most difficult situation has to end some day. But the one who makes effort and is prepared beforehand, passes through the situation with his head held high. It is like traveling in air conditioned class, that means I am comfortable. The journey is as important as the destination. Today I will sail through the day with the right consciousness. In all that happens through the day, I will keep my mind happy and comfortable. Even if things go wrong, I will not let anything go wrong inside. I will resolve what comes my way and if I can't, just for today I will make sure I'll postpone worrying about it for tomorrow.

The Need For Meditation (Part 1)

As with anything else, the more we practice meditation, the more we feel the benefit of what we are doing. We do need to practice meditation regularly because the habits of:

- i. identifying with our physical form,**
- ii. succumbing to mental and emotional negativity (in the form of waste and negative thoughts) along with negativity in words and actions,**
- iii. becoming attached to the physical as well as the non-physical, and**
- iv. being dependent upon the experience of physical stimulation of any sort (from e.g. food, movies, people, sports etc.) for happiness** are extremely deep.

These habits have deepened over a period of many many births, because of repeating them regularly, due to a lack of spiritual awareness. As a result, in the present moment also we regularly and quite easily slip into these four habits.

(To be continued tomorrow...)

Soul Sustenance

Radiating Positive And Powerful Energy

You will notice many people in your life who are very much in need of love but they attract the opposite energy. This is because the negative energy of lack of love for the self and low self esteem which they continuously radiate causes them to attract that same negative energy from others. In the same way, there are many people who are very much in need of success but they attract failure repeatedly. Failure is directly related to the quality of energy we radiate i.e. how positive and powerful our expectations of success are. Once we set the goals that we wish to reach, we need to be careful that we move towards our aim without creating the negative energy of fear inside our consciousness. **Failure appears when we make an effort to achieve those goals and we damage the result or attract failure without us desiring so, simply because of our fears of failure.** Even then, if at that step we feel that we have failed, we need to have a positive and constructive attitude.

We need to emerge the power to face and power of acceptance inside us. That way our creative energies will flow and we will carry on going forward without the failure (whether real or only perceived by us to be real but actually not real) becoming an obstacle in our path from doing so. Although at that time it may seem as though we have missed an opportunity or that some openings have closed for us, have faith and be fearless. If we are fearless and radiate positive and powerful energy, other possibilities will open up. We have this deep rooted belief that our fear will keep us safe, and we treat it like a comfort zone, a red signal that tells us that we should stop. **Creating a time every day to do something that you fear, helps you to re-condition yourself internally to begin to see the fear as a green signal and to develop inner courage, so that you can move towards your goal of success.** Each day, do what you fear and the fear will soon be removed.

Message for the day

Understanding brings happiness.

Expression: Happiness lies in understanding the secret of whatever is happening. When one is able to remain happy in this way, he is able to spread this happiness to those around too, influencing the lives of all.

Experience: When I am able to remain happy under all circumstances, I am able to be free from the influence of others' negativity. Instead I will be able to become a major source of positive influence to those around me.