



Baroque Opera

Know who you are

Some people are working backstage, some playing in the orchestra, others are onstage singing. Some are in the audience as critics, others are there to applaud. Do you know who and where you are?

Be Happy Now!

Are you waiting to be happy?
Are you thinking: I'll be happy when....

Don't wait on perfection to be happy.
Don't wait until everything is just right.

In fact, the time to be happy is right now. Be happy, now!

Action And Purpose (cont.)

What our self or being wants and seeks at bottom is connected to living some values in an authentic way in all areas of life. What happens is that we have disconnected from our true, original and authentic spirituality, and we live the day-to-day routine from our defenses and our fears. So we do things only from a sense of duty and compulsive perfectionism, which weakens the imagination, sensitivity, spontaneity, and the pleasure of enjoying the path of human action.

We have to decide that we want to have time. The decision to have time for human tasks like **playing, reading, thinking, reflecting, learning, meditating, innovating, having friends, loving, spending time with the family or simply being is essential in order to give meaning to life and to provide pure happiness**, above the mundane (ordinary). It has to be facilitated on a practical level from the different degrees of power and management that each person has in life. Don't wait for someone to magically appear to make you happy. You have to know that nobody will come as if by magic to rescue you from your essential emptiness. It has to be you yourself who decides to live with a purpose and fill yourself in order to overcome your deficiencies and enjoy your life.

Soul Sustenance

The Three Root Causes Of Anger (Part 1)

Any time we sense irritation, frustration or anger emerging inside our consciousness, if we take a close look at it, we will notice we are fighting a war in our consciousness with one of these three: either with **another person**, most obviously or with **the past** or with **our self**.

We are at war with the past because our anger is always towards something that has already happened and looking at it we react emotionally which means we are trying to change it, which is impossible. Any scene that has taken place a year ago, a month ago or even a second ago cannot be changed. We may be completely convinced and we may believe we can. That's because we hold this belief subconsciously. Somewhere and sometime in the past, we have picked up and absorbed the belief that the world and its circumstances should shape up exactly as we want.

When our internal desire of a certain type of circumstances is not fulfilled, or in other words something against this belief happens, our instant reaction is one of the various forms of anger and we tend to try and change the incident that has happened in a far-off past or a past that has just gone by. We keep replaying a revised incident, with words and actions that we would have liked and that suit our convenience and we also keep nullifying the actual incident or remain in a un-acceptance mode towards it. This is like fighting a war with the incident. We tend to do this inside our minds, repeatedly, even realizing somewhere deep within, that it is impossible.

(To be continued tomorrow...)

Message for the day

With the balance of love and discipline, energy can be saved while speaking.

Expression: Throughout the day I find myself having to give explanations or corrections to so many people. When I do this I find that I have to spend a lot of words. In the process I tend to lose a lot of my energy and find myself tired.

Experience: In order to save my energy and to use fewer words I need to have the balance of love and discipline. Discipline will enable me to give the right directions while love will make my directions effective. So I find that just a few words would be enough to get my message across.