



## Fun Factor

To find ourselves waking up energized and excited about tackling a new set of challenges is a sign that we have the 'fun factor' in our life.

When we're having 'fun' we feel at our best. This is because life is just easier when we're having fun. Therefore, challenges seem easier, too.

## Know- All

You're good at what you do & over time you've learnt a lot. So you probably do know-a-lot.

Now, share your know-how, don't let your know-how sit in your pocket.

But remember, you don't know-it-all! Know when to stop being a know-it-all & be able to ask, "What do you think?" Be ready to listen & learn from those around you.

## Hearing The Voice Of Inner Wisdom Clearly

In a way we already know all that we need to know and all that is required to bring about transformation in the self - after all **originally, we were a perfect being, and the experience of that stage as well as the knowledge of the path to reach back to that original, perfect stage is embedded inside us.** Then why take up spirituality? Why can't we just listen to our intuition - the voice of inner wisdom? Listening to our intuition would be great but unfortunately most of us are not able to hear the voice of our own inner wisdom, which lies submerged in the subconscious because the noise of our thoughts, feelings and attitudes drowns the voice out. **We have been gathering, slowly and steadily, thousands of beliefs since we have been a part of the cycle of birth and rebirth and these beliefs, in turn, create a flood of incorrect and unwanted thoughts and feelings,** today, which distort the true inner voice so that when we think our intuition is telling us something that is true, it is really a wrong belief that we learned sometime in the past.

**Over a period of time, as the soul gets purified through the practice of meditation and as it starts listening to and understanding true spiritual knowledge, false beliefs based on body consciousness get displaced by true ones based on spiritual consciousness** and this inner voice starts speaking absolutely clearly and accurately without any wrong judgments or distortion. That is why, in the beginning, when we are still learning to connect with God, it is extremely important, to have the guidance of someone more experienced when learning meditation, who can guide us with his/her wisdom and experience, so that we can differentiate between what is actually our intuition and our own belief influenced viewpoint.

## Soul Sustenance

### Empty Handed We Come And Go Away (Part 1)

There is an old saying that we came empty-handed not only when we entered this particular life but when seen from a broader perspective, also when we entered the world. The same is the case when we leave this life or the world as a whole. **Every birth for the soul is a fresh chapter or innings in its journey of life.**

**Everything that has come to us will definitely go away from us one day. While some may perceive this basic fact of humanity to be unrealistic and not in tune with practical life, but the fact is that attachment or the tendency to possess or cling is a defiance of this law, which leads to a form of fear filled spiritual suicide** because the joy and contentment that seems to come from this tendency is only temporary and artificial and between these moments of happiness, there is fear of the loss of the physical or non-physical object that you try and possess, embedded in between and this fear causes the object to start controlling you and you feel suppressed and in bondage. As a result, your inner potential and creativity remains untapped and even starts reducing, without you realizing it consciously. In such a state, you fail to see and accept new ideas, opportunities and people in your life. Your inner world becomes closed and chaotic and very difficult to manage and your internal self is weakened and harmed, leading to an internal self suicide. When someone stops clinging to anything, physical or non-physical, they don't become indifferent or cold, but their consciousness just starts becoming broader and functions without any limits, barriers or boundaries.

(To be continued tomorrow ...)

## Message for the day

**To be flexible is to enjoy everything that life brings.**

**Expression:** When I plan perfectly for the day ahead, I sometimes find that I am not able to implement all that I had planned for. Things seem to be coming up unexpectedly spoiling everything for me. I am then not able to be happy with what is happening and so find it difficult to do my best in the particular situation.

**Experience:** It is as important to be flexible in my thoughts as it is to be particular about my daily schedule. Flexibility allows me to accommodate the unforeseen situations that come up my way and enables me to make the best use of everything. And so I enjoy everything that comes my way.