



Say 'I'm Sorry' and mean it

Is simply saying 'sorry' enough?

To make your apology sincere and authentic:

Make a commitment to change yourself and resolve the issue for the future;

Have a determined thought, 'I am not going to do this again'.

True Independence

Liberate yourself from the bondages of the mind. It is wasteful thoughts that won't allow you to attain true freedom.

True Independence is to be, in dependence of only GOD.

A Spiritual Perspective Of True Love

Emotional love can flower into true love when the fire of emotions cools down and is substituted by a wiser and more mature relationship. True love needs a fresh and renewing atmosphere, without fears. When you feel spiritually full, you feel flowing over with pleasure, happiness, wellbeing, and that state helps you to accept the one whom you love as they are, because from your fullness you give and share and you don't need or expect anything from the other. While you need something that you want the other to satisfy, you will have expectations and the fear that those needs might not be satisfied, and you will get frustrated more easily. When you feel like a being of peace, a being of love, a tranquil being, a being that is spiritually full and satisfied, your relationship with others is a relationship of sharing on a level on which fear is not generated. You are not asking for or taking anything from the other. An elevated sharing of love, of happiness, of knowledge, of wisdom takes place, in which you do not generate a dependency on the other.

Attachments and dependencies, fears and insecurity, block our experience of love, of peace, serenity, freedom, happiness. When you have a feeling of love that takes you to a state of joy, to wholeness, but then you attach yourself to the object of your love, be it a person, or a property, automatically the feeling changes into fear: you fear to lose the object of your love and, instead of feeling wholeness and enjoyment, you feel fear. Over time that attachment turns into a dependency and you start to become inwardly empty: that is, your energy level goes down. Love in its purest form is like a spring that pours forth for the benefit of others. Learn the art of loving, being free and allowing to be. Pure, true, love is an unconditional love that flows freely. Do not cling (hold on to). Love does not cling.

Soul Sustenance

Detached Observation – A Spiritual Skill

Detachment is the basis of our ability to be positive and affectionate with others while we interact with them. This is what is known as commitment and the relationship of detachment and it begins with what is known as a spiritual skill: the skill of being a detached observer.

One needs to be a detached observer in two dimensions: one within and one outside:

The **inner art of detached observation** is the ability of separating ourselves from our own thoughts, emotions, attitudes and behavior. On **the external level**, the art of detached observation is the art of being witness to the scenes that take place around us. While we detach ourselves and observe how the game of life develops, without being active participants, we are able to see the "big picture" with greater clarity. That makes it easier to see clearly what role we have to play and where our contribution lies. We are creators, and our thoughts, emotions and attitudes are our own work.

In reality, detached observation is the first step towards personal strengthening. If we don't manage to detach ourselves from our thoughts and emotions, they will turn into our owners and will consume our energy.

For the practice of meditation it is essential that you act as a witness of everything you think and feel, and, once some time has passed, you will find that the practice simultaneously frees you and offers power.

Message for the day

The one who does not wait for others to change to bring a change in the self is the one who really brings benefit to others.

Checking: Think of all the things you would like to change but are not able to. Now ask yourself why you are not able to bring about a change - is it because you are waiting for others to change before you change yourself.

Practice: Take any one thing that you would like to change and tell yourself, "I will change and seeing me the others will change too. I am the leader who inspires others to change, I will not wait for others."