



## **Radiate Happiness**

Have you ever noticed that happiness is not a dependency, it is a decision? You don't actually need anything to be happy. It's not something that comes from outside, it comes from inside, and when you radiate a happy energy you'll be amazed what it attracts into your life. Don't worry, be happy...sound familiar? Decide now, be happy, and watch magic begin to enter your life.

**To learn the art of controlling is to steer through life's situations easily.**

When I am driving, the road is not always straight. Yet, I know when to apply a brake or when to turn the steering wheel. In the same way, in life's situations I need to understand that everything will not go as I plan. Instead, I need to learn the art of knowing when to stop (apply brakes) and when to turn my thinking in a direction which is more constructive. Today I will have a mental traffic control system for myself. From time to time, I will have a signal for myself to stop and check if I am going in the right direction. If I find myself in the wrong way, I will immediately change my thoughts in the right direction or just postpone the thoughts.

### **The Two Dimensions Of Being A Detached Observer**

There are two dimensions of being a detached observer - the **inner** dimension and the **outer** one.

Let us look at the **inner dimension** of detached observation. **It is the ability or the technique to stand back from or observe in a detached way our own thoughts, feelings, emotions, attitudes and behavior.** We are creators and our thoughts, feelings, emotions and attitudes are our creation. In fact, this is the first step to becoming a ruler of the self and making the self powerful. If we fail to detach from our thoughts and emotions then they will be our masters, they will go out of control and will, as a result, leak away or waste our energy. Practice simply being the witness of whatever you are thinking and feeling. This is an important aspect of any good spiritual practice and after a while you will find it an experience that both, frees you and empowers you.

**The external dimension of detached observation is the technique of being a witness to or an observer of the scenes, of the world around us.** As we stand back and watch the scenes of life being played, on the world stage around us, without being actively involved, we can see the *big picture* more clearly. This makes it easier to judge clearly what is the most suitable contribution that we can make and the most suitable role we can play - through our thoughts, words and actions.

## Soul Sustenance

### The Method Of Realizing Your Purpose (Part 1)

Throughout our daily routine right from the time we wake up till we go to sleep at night, we all always have something to think about, to say and/or something to do. We are occupied and are busy. The question is whether everything that we do forms part of our life purpose or whether we are simply occupying time spaces and using our mental, verbal and physical energy in activities, tasks and conversations that do not lead us to anything substantial or whole. We simply pass time doing and talking, but without a sense of purpose. **Although the things we do and/or speak about are necessary to be done, if they do not make up part of our life purpose, they will tire us. We will feel an inner emptiness and dissatisfaction, as if we are missing something.**

The most authentic purpose is that of fulfilling our ideal, our dream in life. What happens is that, sometimes, we haven't worked out what our true purpose or life dream is. **We have to ask ourselves what our true purpose is. There are two purposes – one is a purpose related to the self and the other related to what we want to offer to the world.** During the day we are exchanging energy - each one of us is different and can give something to the world during this exchange; each of us can play our musical note in order to contribute to the orchestra of the Universe.

### Message for the day

**All problems can be overcome when you make a determined promise to yourself.**

**Checking:** When a problem comes up and you are working on it, check what kind of thoughts you are having. Check if your thought to overcome the problem is filled with determination?

**Practice:** Each day reinforce the thought in your mind to overcome the problem that you are facing. Stamp the thought with determination and you will become victorious in overcoming your problem.