



The Dawn of a New Year

To make good use of what you have and to let go of what you do not use is to live in a contented way.

The dawn of a new year is a time for new possibilities.

Let go of the past and give birth to new possibilities.

Wishing one and all a Wonderful and promising New Year

A well-nourished heart is automatically giving and full of grace. We can nourish our hearts with the energy of positive thoughts and pure feelings. When we realize we are eternal souls, beings of consciousness rather than Matter, and that our original nature is benevolent and wise, the heart grows full. When we remember, with love, that we are the offspring of an eternal Parent, a source of eternal truth, the heart overflows. This is the greatest gift we can offer to each other and the world in the year ahead.

The Benefits Of Togetherness Over Isolation

Nowadays, there are more and more people who are choosing to live alone. Perhaps the reason for that are experiences in the past of pain, peacelessness, rejection, disappointment or failure when living together, in a relationship or even more than one relationship. As a result, the preference for living alone sets inside them. Perhaps, it is their alternative search for peace, happiness and success that leads them to make this decision. Also, the belief that if you live alone, you are free and you can do what you want, when you want and without having to explain yourself to anyone. But are we, as human beings, basically by nature, meant to live together or to live alone? **Each human being has the need to belong and provide that feeling to others.** You can belong to a family, a group of friends, a bunch of close school or college students, some office colleagues, a club, a community, a religious group etc. **The mere presence of others; the participation, communication and collaboration with others; the assistance provided to others and received from them and the sharing of positive energy with others in a group; inspires and challenges us and others immensely. The same can happen, if we are staying alone, but to a limited extent.** Greater inner spiritual empowerment takes place inside those who live and work together, not those who distance themselves from others. In a group, we broaden our limits and make our heart bigger when we do things for others that we wouldn't do for ourselves.

Each human being is a source of love for others. It is a basic human nature to love and be loved, which is not possible unless there is some kind of unity or mutual belonging. Distancing or isolating oneself implies an absence of love, neither given or shared, neither received.

Soul Sustenance

A Message For The New Year

Happy New Year !!! a greeting exchanged **Every Year** on 1st Jan.
But are we really happy and has the year been new.

As we begin the New Year with powerful greetings and blessings for all our family and friends,
Let us take a moment to greet ourselves. To promise ourselves a year full of **Love, Peace and Happiness.**

Let us leave behind what we don't need to carry ...
Hurt, Sadness, Pain, Fear and Regrets, because we have a choice and the power.

Let us take a moment to reflect on one of our most common beliefs - ** It's not me, it's them.*
An illusion that someone else is responsible for what we think, feel and do, making ourselves a slave to that person or that situation.

Let us release this belief and allow the truth to emerge and establish itself within our consciousness.
The truth is always simple, ** It's not them, it's me. Always.*
We have a choice in our **every** response. We can maintain a calm, positive, stable response regardless of what happens around us.

Let's remember the mantra to change our life from being a slave to being a master -
** It's not what others say or do to me that makes me feel this way, it's **what I do** with what they say that makes me feel this way.*
Now choose how you would like to feel.

As we start making our choices, this year will be truly **New and Happy.**

Message for the day

The way to accumulate the account of blessings is to remain content and make others content.

Checking: While you are doing something, check if there is any limited desire for name or fame. The instant fruit of the service that you do is that you are happy, it is not what you get later that is important. So check how much you are experiencing this fruit and remaining content.

Practice: Whatever you are doing for yourself or for others throughout the day, make sure that you are enjoying it. When you start enjoying what you are doing you'll stop expecting anything thereby you can remain content.