



Giving Correction:

At some point, we all have to correct someone about something.

To give corrections without offending and insulting, isn't just about when, how, and what you say.

To ensure corrections are sincere:

- 1) Check your intentions. If your intention is to support the person, then there will be power in your words.
- 2) Have good wishes for the person and fill your words with good wishes. Good wishes help your corrections to be taken in the right spirit.

Providing Emotional Support To Your Loved Ones

What do we do when friends and loved ones come to us for, and expect emotional support from us? Spirituality teaches us the right technique of providing emotional support - the technique of detached involvement, which is the technique of not being overawed, of not being affected ourselves by the emotions of others. **If a friend, colleague or any loved one is upset and we also get upset (because we love them - that's what we normally say), we cannot provide them the necessary support or the assistance to see why they are reacting emotionally and how they might change the nature of their emotions by themselves.** True love for someone would mean that I am able to provide them that. While being concerned is fine, but by becoming upset, seeing them upset simply aggravates the situation and adds fuel to their fire.

By remaining detached, we can be more effective in our ability to care, listen and help them think clearly about the situation, they find themselves in. Only if we are stable, and that can happen only when we are detached, will we be able to provide them stability. We can encourage and empower them to change their negative reaction to a more positive response, and thereby generate a healthier energy. If we become over-involved in someone else's problems, there is a risk that our own judgment will be affected negatively. This is why making decisions and choices under the influence of your own and others' emotions is normally ineffective.

Soul Sustenance

The Lamp Of Hope

You create the future basing yourself on what you think, feel and do in the present. If you act according to your values, it is easy for you to trust in your destiny. That strengthens your hope that all will go well, and, if it doesn't, you know and trust your inner resources or treasures to be able to deal with things and change. That trust feeds the enthusiasm, the motor energy that, along with motivation and passion, helps us to advance.

When you lose courage and you feel weak, when you feel insecure and do not see with clarity where to go towards, hope lights the way for you to carry on going forward. If you fall, get up again and carry on looking ahead. Don't look back. Don't let your past be a burden that is too heavy and prevents you from advancing. Focus your vision on your objective and on all your potential to achieve it.

Whatever happens, keep the lamp of hope lit. You can. You will achieve it. Change will become reality. You will free yourself from the shadows of fears, blockages and the other limitations that weaken you.

Live each situation as an opportunity. Learn from criticism and failures. On living life as a constant opportunity for personal growth and learning, you keep hope always alive.

Give yourself moments of silence on beginning each day, during the day and on finishing the day, to connect with your inner self. That way your awareness stays awake, the lamp of your hope, your motivation and your values remains lit.

Message for the day

When you are content you can give the experience of contentment to others too.

Expression: Each day check if you are content with what you are doing. Also check if others are content with what you are doing in your life. If there is an experience of contentment within yourself others will be content with you.

Experience: At the end of each day, make a mental list of all that you have attained for the day, things that you are happy about. This will enable you to be content even during the phase when things are not going so smooth, because you are able to look at the positive aspect too.