



Self-Manage

There is a huge hole in the heart of all our educations. It is where the skills and abilities of self-management should be. No one teaches us how to manage our thoughts, feelings, attitudes and behaviour, so we find it hard to manage the four Rs – relationships, roles, responsibilities and resources. So let's get started. Consciously choose the quality of your thoughts today – accentuate the positive, eliminate the negative and clean up the waste. Everything, which means everything in your life, begins with your thoughts.

"Us"

When I perceive myself as separate and disconnected from you, there emerges a feeling of "you and me." When we operate in this mode, life becomes a big scoreboard.

We choose to make situations a win-lose contest as we try to gain points through "winning." The big question is, was there really a contest in the first place?

Why not, try to change your perception and build a connection by creating a feeling of "us."

And then build bridges and create a win-win situation!

God As The Ocean Of Knowledge

It is believed that God knows the details of every atom and every thought in the universe. It is because of God's ultimate, pervasive knowledge that He can be described as an ocean. Understanding this world does not necessarily mean to be aware of every detail of the movement of every single leaf or every single molecule. All that is required is to **understand completely the conditions through which souls and matter pass.**

One of the basic beliefs of Christians is that God created man in His own image. God, being the embodiment of knowledge, creates with knowledge. Being the wisest of all, He has the power to change the intellects of human souls. How? When we, the souls, having come in the process of birth and rebirth, become impure, God shares with us **the knowledge of the soul and its births; the knowledge of Himself, the Creator; the knowledge of meditation i.e. the method of connecting with him and the beginning, the middle and the end of creation or the vast world drama**, as a result of which we are able to appreciate this drama, and imbibe our true qualities of love, peace and bliss. As a result we are liberated from sorrow and a new world order is created. In order for him to perform His work as Creator it is not necessary for Him to listen to our every thought, our every secret. **He is part of an eternal, predestined drama that He did not create but in which He finds Himself as the principal actor.** Thus He is the only true philanthropist. Human actions, whether good or bad, are dictated by self-concern, whereas God has nothing to gain because He is complete in all respects. He is the perfect embodiment of spirituality. He alone has the right to give knowledge regardless of human arguments. His knowledge is purely spiritual.

Soul Sustenance

Being A Good Transformation (Change) Agent

Often, we feel ourselves to be **victims** of different factors that **seem** to direct the course of our life without us being able to control them. The world does not seem to dance to our music and our will, and we feel ourselves to be **victims** because things do not work out or are not as we want. Therefore, we give up and decide to resign ourselves to this reality; to be victims of it and observe passively (non-actively), resisting what comes, getting frustrated and bad-tempered. However, we could position ourselves in another way: being **transformation (change) agents** (the ones who are able to change the external factors like people or situations) by creating a different reality. To do so we have to **change** our perception. Also, it is necessary to strengthen our capacity to **tolerate, accept, let go and forget**. Tolerance here also refers to **understanding, love and compassion** (kindness). Not to put up with people or things, but to remain above them, to go beyond them; to co-operate with trust and motivation. It is difficult for us to tolerate because we have expectations and pre-conceived ideas of how others should act and be. Then we create negative feelings towards them because they are not like that or don't act in the manner that we want. This makes our relationship with them difficult.

When your vision towards others is positive, you see their qualities, their efforts and their values instead of their defects and their errors. You are open to listening to them and to understanding their intentions. That way it is easier to have good feelings towards them. **Basing ourselves on a positive and objective vision and on good feelings, we do not have to put up with, or even tolerate the other - the relationship becomes streamlined.**

(To be continued tomorrow...)

Message for the day

The one who is a giver, has attention constantly on giving fully.

Projection: When the system that we are working in doesn't let us give maximum benefit to the people around us or deprives them of their natural right, we tend to react negatively. We tend to become upset which doesn't help either of us in anyway.

Solution: When we remember and maintain the awareness that we are a giver, instead of complaining about the restrictions that society or people around us impose, we continue to give those around us something that will make them happy. This could be in the form of kind and supportive words or at least an understanding smile. When we give in this way, it will make others too, free from negative thoughts.