



Past Experiences

We are unique individuals who have been shaped by the experiences we've had. Our talents, successes and strengths have shaped us along with the insights that have come from the failures and mistakes. Recognizing and valuing the past allows us to make better choices today. Remember "The Hare and the Tortoise" story?

Radiating Positive And Powerful Energy

You will notice many people in your life who are very much in need of love but they attract the opposite energy. This is because the negative energy of lack of love for the self and low self esteem which they continuously radiate causes them to attract that same negative energy from others. In the same way, there are many people who are very much in need of success but they attract failure repeatedly. Failure is directly related to the quality of energy we radiate i.e. how positive and powerful our expectations of success are. Once we set the goals that we wish to reach, we need to be careful that we move towards our aim without creating the negative energy of fear inside our consciousness. **Failure appears when we make an effort to achieve those goals and we damage the result or attract failure without us desiring so, simply because of our fears of failure.** Even then, if at that step we feel that we have failed, we need to have a positive and constructive attitude.

We need to emerge the power to face and power of acceptance inside us. That way our creative energies will flow and we will carry on going forward without the failure (whether real or only perceived by us to be real but actually not real) becoming an obstacle in our path from doing so. Although at that time it may seem as though we have missed an opportunity or that some openings have closed for us, have faith and be fearless. If we are fearless and radiate positive and powerful energy, other possibilities will open up. We have this deep rooted belief that our fear will keep us safe, and we treat it like a comfort zone, a red signal that tells us that we should stop. **Creating a time every day to do something that you fear, helps you to re-condition yourself internally to begin to see the fear as a green signal and to develop inner courage, so that you can move towards your goal of success.** Each day, do what you fear and the fear will soon be removed.

Noise Removal

Noise can be a challenge when trying to meditate; external sounds, as well as all the noise in your head.

Make meditation easy by listening to soothing music to block out the noise.

Allow thoughts and external sounds to flow into the music. And let your attention become deeply absorbed in the music.

Message for the day

Become a destroyer of obstacles and not an obstacle.

Checking: Check what kind of feelings you are having when you are faced with an obstacle. Do you have the courage to overcome it or do you yourself become an obstacle stopping others' and your own progress with your negative thoughts.

Practice: Make this practice firm whatever the situation you are in, "I am victorious and success is my birthright" when you remember that obstacles come to teach you for the future and make you progress, you will be free from negative thoughts.

