



## Want Not

Next time you are waiting for anything, notice what you are wanting! This will be a source of your tension or impatience. All desire has fear built in - fear of not getting or losing, even before your desire is fulfilled. If you want to be free of fear in life, which is another way of saying if you want to be free of stress, the secret is to want nothing, and then magic happens, for lo and behold, all that you need and more, arrives in your life, at the right time, in the right way. Not what they told us in kindergarten was it?

## **Maintain Inner Positivity**

The more we experience peace within the more there will be positivity in our life. We usually try to change ourselves and our negativities by working on each of them separately. We might be able to overcome them also but being connected to the other weaknesses we find that they re-emerge again. Then we find that the negativity remains in our life influencing all our thoughts, words and actions. We first need to make a promise to ourselves to maintain our own inner positivity. Once we do that we also need to make an attempt to practice relaxing our mind and remaining calm before we do any important thing. When we practice in this way we will be able to keep our mind calm and this calmness will bring contentment through which there will be positivity in all we do.

## **Directing Your Inner Orchestra (Part 2)**

You can direct your orchestra well, which means that you can:

Achieve what you want.

Reach where you want.

Be who you are.

Stop being who you are not.

Feel what you want to feel.

Stop feeling what you do not want to feel.

Be. You can be in your space.

Do. You can do what gives meaning to your life.

You can stop doing what lowers you, is ordinary and you do not want to do.

You can reach excellence by crossing inner mental barriers.

Let go of that which you have clung on to.

Free yourself and fly.

If you believe that you can, you can. You have to harmonize your inner voices. Listen to those that allow you power, strengthen you and accompany you. Silence the voices that suppress you, judge you badly and limit you.

## Soul Sustenance

### When To Say Yes And When No

**When you are faced with different situations or opportunities, which do you say yes to and which do you say no to?**

In order to decide, it is important to keep the vision of your dream and what you the soul really wants, in front of you. Be aware of what is essential for you. **From this space of inner focus, we should see which of these situations/opportunities are going in the direction of your dream, what is essential and what takes you away from your dream;** also be aware that sometimes situations are like mirages (illusions) that seem to offer something easy and attractive, but which distance you from the essential or the truth. They are opportunities that seem easier and, out of laziness, it would be easier to say **yes**. But within you, if you listen, you know that, in the long term, you will not be happy, content and peaceful given that you have avoided or are running away from the challenge, you haven't listened to your heart. We need to refuse to allow ourselves to be carried by the current.

**When you say yes to the proposal, situation or action that is close to your essence of your spirit, it is a yes in which there is not submission, where you do not lose your freedom or your self-esteem.** It is a yes with the certainty that, learning from what life offers you; you and others will move forward in a positive sense.

### Message for the day

**Fill the mind with the fortune of your happiness and you'll never be lazy.**

**Expression:** Throughout the day, check to what extent you are able to remain happy. Check if you are able to remain happy in spite of the negative situations. Also check if you are able to give happiness to others.

**Experience:** Each day think of all those things that have made you happy and you'll find yourself increasing your treasure of happiness. This will enable you to share with others the fortune of this happiness and you'll find that you are always enthusiastic and never lazy.