



Good Relationships

In order to create good relationships... - with your mind, think about what you have to learn from others, - with your eyes, look into good qualities of others, - with your words, recognize, value and appreciate their accomplishments, - with your actions, cooperate and do something for others.

Living A Life In Supra-Consciousness (Part 1)

Life with a higher consciousness starts with taking two primary steps - one is the complete purity or holistic celibacy of the mind and the other is a strong love filled connection with a spiritual power giving source. Both contribute equally in creating a mind-field in which strongly charged thoughts (thoughts charged with strength) can emerge which contribute to success in every sphere of *karma* or action.

Many historians have pondered (given a thought to) over the success of many important and high profile individuals down the history lane - not only what success they achieved and how they achieved it, but also the reasons behind their success. These individuals include kings and queens of a high caliber, with rich capabilities; also many sportsmen and women which the world remembers a lot; also high class politicians from different countries all across the globe who etched (wrote) their names on not only hearts of people whom they led but also people who saw them do that from a distance i.e. people from countries other than their native countries. Also let us not forget the success stories created by scientists and engineers who set an example by dedicating their lives to bringing new inventions to society on which the world is thriving till the present day. There were writers also of different natures who wrote tons of pages on different subjects and are followed by millions of people all over the world for their prowess (skills) with the simple pen. The world also saw artists in different spheres like music, theatre, painting, sculpture, architecture and photography, bringing the world to their feet with their creative spirit. **What was the common *Aha* factor in the lives of all of them – mental strength and also a solitude or silence filled intellect.** Today, we have all achieved success on a material level but forgotten the basics of a higher spiritual consciousness or supra-consciousness and how it can bring in our favour the tag (label) of so called **successful people.**

(To be continued tomorrow ...)

Soul Sustenance

Entering into a Land of Forgiveness (Part 3)

There is a saying in India that in a home where the fire of anger exists, pots of water also dry up. Anger is a name given to a large collection of desires that exist inside the human consciousness which prevent us from forgiving. **Filling the emotions inside our mind with love and pacifying the emotions of subtle desires is the second step in creating an environment of forgiveness wherever we are.** Imagine a world without the numerous desires that exist in our lives - *I need, I want, I own, I expect, I am right, I envy* – these are subtle fires that burn up the energy of pure soul-to-soul love, that exists inside us instinctively, because we are children of God, the Supreme Soul, who is an Ocean of love.

So waking up in the morning and starting the day with a warm *Good Morning* to this Ocean of love and having a heart-to-heart conversation and a deep loveful communion with Him and filling myself with the deepest pure love existing in this complete Universe, is paving the way for my heart to be cleansed of the various ego-based emotions and for it to become moulded as a forgiving one, because the more I fill my heart with God's love, the more I am enriched with soul-to-soul love and the more sweet and humble I become. And such a transformed me, then is able to win the hearts of each one and create an atmosphere of love and forgiveness around me, which is my vow (promise) to the Supreme.(To be continued tomorrow)

Message for the day

Words filled with good wishes bring change in others.

Expression: When there are good wishes combined with the words that I speak, there is love. Whatever is spoken with love has its effect on others. Such words are free from all kind of negativity, so they naturally have a lot of power. Only such powerful words can bring about a change in others.

Experience: When I speak with love and good wishes, I find that I am light, knowing that I have no selfishness in whatever I have said. The others too are able to immediately correct themselves. This also enables me to gain good wishes for having taken them a step forward.

To say yes is to receive blessings and to ensure progress.

Life brings certain situations that seem difficult and challenging. When such situations demand something from me (which I feel is beyond any capacity), there is a tendency to either say 'no' or to try and escape. On the other hand, when I say yes to the situation I will be able to discover skills and talents within me, that I never knew I had. I will thus be able to receive blessings from many. Today I will do one thing that I have been avoiding to do. I will use all my skills and energies to make it happen. I will then automatically receive help and good wishes from others, which would help me further in succeeding.