



A free mind is a mind that is open to everything and attached to nothing. Most people spend much of their time looking for reasons to be offended. An open mind is never offended because it is free of any attachments. It is never the self that is offended but always the illusion that the self has of itself that is affected by insult! If you can really understand this, deeply grasp it's truth, live it each day, then pain will be no more. Next time you "feel" offended look closely within yourself at yourself and ask yourself what was offended? If you remain aware you will see that it was only an image of yourself which you had become attached to, and that image did not resonate with the image contained in the insult. If you weren't attached, if you didn't identify with the wrong image of yourself then there would be no offence taken. You would then remain free and therefore happy.

## **Being A Good Transformation Agent (Part 1)**

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...)

## Soul Sustenance

### Accessing Spiritual Power

**In the inner depths of the soul there is pure, spiritual power of peace, love, wisdom and un-conditional joy. This power provides us with the inner strength needed to change. But how do we access this power? Meditation is the method** – it allows this power to come to the surface of our consciousness and into our minds and influence our thoughts, feelings and personality. In the same way as lava flows from the inner depths of the Earth to the surface through a volcano, we can also create volcanoes of spiritual power when we meditate. Note, though, that we want to use our power in a positive way: we are not seeking the kind of power that is physical in nature and may cause damage, we are seeking spiritual power.

When we get access to our own personal source of the power of peace, love and happiness, we essentially become free of any dependency on external sources for feelings of the same. When we generate our own feelings of love and self-respect, we stop being dependent on others and our addiction to their acceptance and approval reduces and finally disappears. When we generate our own feelings of contentment and joy within ourselves, we become free from the need for substances, places or physical experiences in order to be happy.

**Using this inner power in the right way allows us to uproot or remove completely the old negative habits within our personality.** Any unwanted habit can be changed and the scars of all the negative habits, which have developed within the soul over a long period of time, during the journey of birth and rebirth, can be healed in a short time span.

## Message for the day

### Commitment for truth brings constant happiness.

**Expression:** For the one who is constantly with the truth, there will be no fluctuations in the happiness - experienced by the self and expressed to the others. So there is benefit for both the self and others through this. Only when there is no truth, the support of falsehood is taken to prove and defend oneself. So the happiness is not retained constantly.

**Experience:** When I am committed towards living by the truth, I will not be influenced by the different situations that I am faced with, but will be able to experience constant happiness. I will never be influenced negatively by negative situations and allow myself to lose my happiness. Also I naturally find my happiness rising constantly.

## Excuses

Excuses are self imposed limitations. Excuses are the masks that cover up our fears.

So, the next time you catch yourself making excuses, why you can't or won't do something - stop!

Stop *Finding Excuses And Reasons* (F.E.A.R.) and figure out what's behind the excuse.

Uncover your fears (even if it's a bit scary) and break free of limiting beliefs. Then make a choice whether you can and will do something, or not.