



Listen-ability

To really listen, we have to filter out both inner and outer distractions to get the **WHOLE** message.

Self-respect creates inner peace and harmony.

When I take pride in my own role and have value for the contribution I (can) make, there is self-respect. Self-respect helps me to let go of expecting to be understood, to be considered, to be recognized. It helps me understand that it is my mixed emotions that create dependence, taking away inner peace and harmony. Today I will tell myself that everything cannot always happen as I wish. When something unwanted happens, I know I have to deal with it and am also well equipped to do so. This helps me know what I can do to correct the situation, without losing hope, peace and harmony.

The Psychosomatic Effects (Effects On The Body) Of Fear

The human being is psychosomatic by nature – what that means is that our health is deeply influenced by our behavior, thoughts, emotions and social relationships. Therefore, in order to experience good health, we should care for our life style, our mental, sentimental, emotional and relational world, as well as our communication. Fear is bad for our health. It manifests itself in the form of anger and promotes coronary diseases. Fear suppressed for a long time ends up producing diseases such as cancer. Apart from cancer and heart attacks, there are other illnesses brought on by fear: addictions, anxiety, arthritis, asthma, irritability, nervous breakdowns, memory loss, gastritis, back pains, baldness, diarrhea, sciatica, crying attacks, alcoholism, constipation, hypertension, cystitis (bladder inflammation), vomiting, palpitations, digestive disorders, ulcers and migraines.

When we get old, our neurons do not die, but rather the connections between them disappear, that is what recent scientific research suggests. The neuronal connections or synapses keep us lively and young. **When we have pleasant experiences, such as during meditation or when we are on a holiday or are surrounded by friends or while working in a team, some examples of activities in which we feel happy, the neuronal connections are more fluid.** However, the lights go out when we feel fear. It is an emotion that is capable of slowing down and blocking the electrical impulses between the neurons. With fear we are less creative and we get older more quickly. If we do not want to suffer illnesses (or want our illnesses to get worse) we should learn to manage and overcome fear.

Soul Sustenance

Life Beyond Life (Part 1)

Have you ever looked at a new born child and glanced at the expressions on his face? Why is there a magnetic aura about a baby's features that attracts one and all? The innocence, the sparkling smile, the beautiful eyes, the angelic cheeks, the shining forehead, the round, cherubic (pretty) face and the soft whispering sounds makes one wonder what is so special about the spiritual energy inside such a baby that talks to us and tries to convey so much as to move us and even bring tears in our eyes. **Such a spiritual energy is in a state of nirvana or a meditative state or a soul conscious state, a state which we as adults, practice to achieve.**

We would like to share with our readers that in the nine month gestation (pregnancy) period of a mother, the spiritual energy which has to own a particular physical costume, enters the womb of a mother and adopts the physical foetus (which is semi-developed) as its own in the fourth or fifth month. A wonder of nature is that a spiritual energy that has been exposed to different types of situations and relationships and played different roles as an adult in its previous life in a state which is not really spiritually self-aware, more of a state which is focused towards the gross or material existence, suddenly forgets all that and becomes a very pure and divine being temporarily as soon as it enters the fetus inside its mother's womb, a being that is cut off from physicality and almost in a thoughtless state of meditation – here by meditation we mean a state that is self-aware or soul conscious, not in body consciousness. It even forgets its past life almost completely and starts adopting itself to the new environment inside the mother. **On one side its physical body continues to receive physical sustenance from the mother as before its entry and on the other side it vibrates its mental energy to its physical body which also helps it grow physically.** As the personality of the spiritual energy, so is the energy radiated, resulting in a healthy or unhealthy body. Once the baby is born, a few subtle traces of consciousness or remembrance of the past life do remain inside the spiritual energy, because of which sometimes when these remembrances surface inside the minds of babies, they smile or become sombre (serious) or even cry in their sleep, depending on the type of past remembrance.

(To be continued tomorrow ...)

Message for the day

The actions performed with happiness become a means to draw the line of fortune as long as you want.

Contemplation: The more actions are performed with a feeling of happiness, the more they will bring benefit to yourself and others. Thus it becomes a basis for creating your elevated fortune.

Application: Instead of blaming fate when things go wrong, it is good to remember that to create our line of fortune is in our hands. Take the thought to be happy in whatever you do. This practice will enable you to change your situation into a more positive one.