



Mikhail Gorbachev, President of USSR and Ronald Reagan, President of USA -1986

Conflict Resolution

Do you feel resentment towards another?
Are you willing to resolve this conflict?

What attitudes are preventing you from making peace?
Do you want to teach them a lesson? Or do you think that they started it, so they should resolve the conflict?

Why not be the one who takes the first step towards peace and consider resolving a conflict. Just remember, there is always a solution, if you really want to find one.

Enjoying My Stay Inside The Physical Body

An interesting comparison to understand clearly the relationship between the soul and the body is that the soul is the resident of a house or an apartment which is the physical body. It's the awareness of who is the resident living, which is separate from where he is living. I need to realize, that **like a resident of a house cannot be the house; he does not and cannot identify with the place in which he resides; in much the same way, I am not my body, the place in which I reside, but I am a resident.** A resident of a physical house may or may not stay in the house for 24 hours, depending on his/her role. But I, as a spiritual resident of this physical body spend all my time inside it, in fact a complete lifetime, then I move in to another house or apartment. Since I spend so much time inside it, I need to maintain the body, take care of its upkeep and the kind of physical and spiritual atmosphere that exists inside it. When I keep it clean, fresh and vibrant, only then can I live in it comfortably.

Do not forget, there's plenty of rubbish and dirt waiting to enter the apartment. My apartment's windows are my eyes and ears, through which rubbish can come in. This rubbish can be in the form of negative information, scenes, images and words. Rubbish dirties the resident, in this case my consciousness, taking me away from my true, positive, spiritual state. My nose, facing outwards, is like the front door of my apartment: it's the first part of me that faces the world. If harsh winds of difficult circumstances blow, and I don't know how to protect myself, I will catch a cold or fall sick i.e. my front door will be harmed and I'll become vulnerable. The living room of the apartment is my tongue which makes the first impression on anyone, whether it be positive or negative. **There will be constant attacks on our windows, doors, living room, etc. But if I am aware and alert, I will keep my house in order.** If any rubbish does get in, I need to soon clean it out again, so that the atmosphere inside the house remains positive and I, the resident can enjoy my stay in it.

To experience power I need to experience inner silence.

During conflicts, there is a tendency to either get very vocal or to become silent. Both really don't work, because just to be silent and not speak anything is not sufficient, but it is more important for the mind to be silent. Otherwise, there would be no power in that. So, I need to work on making my mind silent. So, today let me sit for a minute in silence and practice feeling the stillness within. Let me repeat this practice 3 times at least. If there is chaos within, how can I expect calm and peace outside?

Message for the day

Greatness lies in revealing one's own speciality.

Expression: Greatness means recognizing one's own speciality and being a donor with it. It also means being royal and great in what is given to the mind - that means giving the mind only the positive. When there is greatness in this way there is speciality and uniqueness seen in every act of mine.

Experience: When I am able to perceive my inner greatness, I am able to be content because there are no expectations, but there's only a feeling of being a giver. I find myself to be light and easy and enjoying each moment of my life, slowly moving towards perfection. I am also able to attain the blessings and good wishes from others.