



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.

Improving Your Responses By Moving From A State Of Doing To Being

This is a meditation exercise which you can practice anytime in the day when you are busy interacting with someone or a group of people. At that time, create the thoughts below, very, very slowly in your mind. Experience the essence of each thought –

I am a soul and at peace with myself and the world around me... This scene, in which I find myself in, is one of many scenes in which I play a role... Now, I disconnect for a few seconds from what is happening around me... Mentally (not physically), I take a step back and just watch, as an observer, what is happening... I make no judgments - I just observe... As I observe, I see that each soul in the scene is playing their own unique role, according to their capability and understanding, because of which I accept each one completely without any conditions...

I remain patient in allowing this scene to develop in a natural way... I wait for an invitation to participate - it always comes finally... I have no desires from the situation... But, at the same time, I am happy to contribute towards achieving the most positive and effective result... In the meantime I maintain my peace and share the energy of that peace with all around me as this is the most important contribution that I can make... I realize that simply by observing peacefully I am participating positively in this scene...

If you dedicate time to consciously practice the above meditation for a few moments in many actions during the day, you will finally find that you move into this state of just being (while yet doing) very, very naturally. **You are not avoiding life or the world around you. Instead, you are learning to take control of your awareness and involvement, disconnect when you want, be more mentally sharp in understanding (what is visible as well as subtle or non-visible) all that is happening around you and give yourself the time and the personal space to respond accurately and positively.**

Bring Hope

When things look bleak, bring back hope. How?
Find a bright spot and shift from bleak to bright.
When you feel brighter, you feel hopeful.

Have hope. Hope for a brighter future.

Hope doesn't sit around 'hoping for the best'.
Hope allows you to be clear eyed, so that you can recognize opportunities,
and take action - because your future begins with what you do today.

Message for the day

Time is saved when every action of mine is positive.

Thought to ponder: When the intention is pure and elevated, actions become positive. When there is no meaning and purpose in actions, they tend to become waste or ordinary. Such actions only waste time and further contribute to future wasteful actions.

Point to practice: Today I will make sure I have the right consciousness while doing actions. For today, I will take up the thought that I am a leader and whatever I do is an example to others. Others are learning from me and today I will make sure I will not do anything that is waste or ordinary. I will only do those actions which are positive and elevated.