



The ability to bend without breaking

True tolerance makes us flexible. And when we are flexible we can accommodate and adjust to anything and anyone and maintain well-being. The ability to bend without breaking is linked to the amount of tolerance we develop. When we are fully flexible, we become able to adjust to the most unexpected, negative and difficult situations and people.

A Beautiful Vision Of Love (Part 3)

A beautiful vision of love is for me to practice the whole day with everyone I meet. Loving each one with a pure attitude and consciousness is a way of experiencing this vision. **When you look at each one inculcate the habit of seeing the spiritual being, the soul, at the centre of the forehead and not the physical form, which will remind you of the many weaknesses that the other person has.** Remember looking at the body reminds you of many negative *karmas* or actions and other negative events related to the other person. So be aware of the other person's physical personality and looks and the way they dress up when you come into contact with the other person but remember that the other person is a being of spiritual light or a soul first and a physical form later. Look at the beauty of the soul first and then come into contact with the other person as a human costume or body. This does not mean you are not aware of the other person's nature, their specialties and their skills of any type and how they look and what role they play with the physical body and also what their educational qualification is. Be aware of all the physical characteristics and appreciate them a lot also. But don't forget all that they are on a physical level is because they are a spiritual being or soul which has performed good or bad actions in their previous lives because of which they have got everything on a physical level, whether positive or negative.

A pure vision of love means not getting attracted to the physical form of the other person, which is God's vision. The ones who are completely in love with God find it very easy to have such a vision, where there is no lust in their eyes when they come in contact with the opposite gender. Such a vision is the original vision of *devi devtas* or deities who are none other than our original births as we came into this world from the soul world, the same *devi devtas* or deities who are liked so much in the world and given a status as high as God.

Love & Logic

When we work only with our heart, success is fleeting. But if we work only with the head, relying on logical thinking, we get the task done but somehow the beauty is missing.

To be successful throughout life, I need to balance love with logical thinking.

I am then better able to see all the options available to me, which will lead to greater success.

Message for the day

Real contentment spreads happiness to others too.

Expression: When one feels contentment but the others are not able to perceive that contentment, it means that it is not true contentment. Real contentment is visible in such a way that others too are able to feel the happiness that is created. When there is real contentment, all thoughts, words and actions are filled with quality.

Experience: When I am content, others automatically recognize the contentment within me. They are able to take benefit from my state. Even in the most hopeless state, I find that I become a source of support for those around me. I am able to give hope to the hopeless and help them get back to a state of happiness.