



### Create Beauty

We see things not as they are, but as we are. Perceive through the inner eye and you will naturally create beauty in your thoughts.

### Peace of Mind

Spirituality seeks to achieve peace of MIND. If we acquire a taste for this, then very little can shake us from that inner throne of peace? Spirituality, is a gentle reminder, that since wars begins in the minds of men; it is there that they need to be resolved. Until and unless one has had an experience of Mercy and Love, then it is hard to go beyond violence. When we begin to explore and discover our innate powers of Peace and Love and the Joy they bring, only then do we discard the path of aggression or violence. We can now exercise full inner control and this is the war we have been longing to win!

## **Reversing The Flow Of Love In Relationships**

If we ask someone who do they think has caused them the most sorrow in life, most will point out to someone they love or had loved a lot. Why is it so? It happens like that because **we believe that the energy of love will come from the outside and will fill us inside.** The energy of love from the other will fulfill our inner desire for the experience of love. Due to our own need, we attach ourselves and hold on to a particular person whom we love a lot, believing that they will fill us with the love that they possess inside them, which will make us stronger, fuller and more content. So we start depending on the other person for this need. When he/she is not able to fill us, which happens many times, we experience sorrow. **Love is an energy, which exists inside us. It always goes from the inside out and reaches out to the other and brings benefit to the other. It does not come from the outside in.**

If we try and reverse the flow of love i.e. we make the energy of love come from outside in, we start depending on the outside for love, which results in the vacuuming effect. When you vacuum to clean your living room, you absorb the good and the bad. If you have dropped something very small, but valuable and of utmost importance to you, on your carpet, the vacuum cleaner absorbs it or takes it away, together with the dust, which is negative and of no value to you and which you do not want inside your home. **When you live with the vacuuming effect on an emotional level, you absorb the love, care, concern, virtues, powers, specialties, energy, etc. of the person you love but you also end up absorbing their weaknesses, their worries, their fears, etc.** That way, a dependency is generated that is counter-productive and causes emotional pain. That does not mean we become cold and stop accepting love from others, but we are no longer dependent on it for our inner well-being and happiness. Also, on the other hand, we keep radiating or giving love. When we give love, we experience it ourselves first and that's what we want - an experience of love, isn't it?

## Soul Sustenance

### Stress Management

Often when faced with stress at work or at home, we can feel quite drained (mentally tired). Indeed, we may have noticed how certain individuals or particular situations are draining. We feel as if all our energy has been drawn out of us and it leaves us tired and exhausted. Although this sort of energy cannot be measured in the scientific sense, we can use the power of imagery to stop us feeling drained.

E.g. we can visualize that we are surrounded by a sphere of golden light, so any negative feelings or energies cannot affect us. In a detached way, we can view what is happening and can act suitably, but we are not touched by the stress. This method of using your power of visualization to create protective shields around us can be used in stressful situations e.g. before or during an important exam or an important meeting, interview or any other specific situation.

### Message for the day

**The one who serves with the balance of the head and the heart is the one who is successful.**

**Projection:** We usually give directions to people when they go wrong. We also use a lot of logic when we give such directions, but it doesn't always have the desired effect. We then begin to consider the other person to be wrong.

**Solution:** What we need to do is to have a balance of both the head and the heart while giving our suggestions to others. That means we need to have a lot of love while giving our suggestions to them. Then whatever we say will have its effect on them.