



Love All

Love can never be exclusive. The sun does not choose to shine on some flowers in the garden and not others. Love is inclusive and has many faces - caring, listening, sharing from the heart, just accepting someone for what they are right now, are all acts of love, as long as you seek nothing in return. It all starts with acceptance of yourself - you're just fine as you are right now, warts and all. It's not that you will stay that way for ever - but you might, if you don't accept. The secret key to the greatest door called love is acceptance. First your self, then others (especially the ones you currently resist) and eventually ...all.

Relax7

The Relationship Between My Conscience And Intellect

To act from a state of truth, it is important to realize the relationship between my intellect and conscience and what role these two play in experiencing this state of truth in my thoughts, words and actions. **The quality of my thoughts, words and actions is based on the quality of my intellect and conscience.** There are three different stages of the intellect conscience relationship.

* The **first stage** is one in which my conscience and my intellect, both are so pure and transparent that whatever is right and true is naturally brought into my thoughts, words and actions and nothing negative or impure manages to enter into my thoughts, words and actions.

* The **second stage** is one in which my conscience acknowledges that which is the truth, but the intellect does not have the strength to be able to bring the truth into practical. The conscience tells me one thing, but my intellect pulls me elsewhere, and it overpowers me. I do what I know I shouldn't.

* The **third stage** is one in which my conscience is not clean enough or aware enough to acknowledge the truth so the question of it influencing the intellect to bring the truth into practical does not arise. As a result my intellect, which is not at all backed by the conscience in this state, takes complete control of me. I do what I shouldn't and I am not even aware of it.

When my intellect overpowers my conscience repeatedly, my conscience loses its influence on my intellect. As a result the conscience keeps weakening until its voice is stifled or silenced. As a result of that, I can then no longer discriminate between truth and falsehood. I will feel that there are no fixed ways of defining right and wrong, that each has their own judgment or definition of truth and falsehood.

True spiritual knowledge, which gets stored in the intellect, and the experience of meditation, which purifies the intellect as well as my conscience, both together, make me aware of the definition as well as give me an experience of what is the truth and what is false, what is right and what is wrong. As a result of that, I am able to maintain the first stage of the intellect conscience relationship very easily in my day-to-day actions.

Positivity

Positivity is a subtle, spiritual attribute or energy, natural to all of us, that can accumulate in the mind just as electrical energy accumulates in a battery. A positive frame of mind promotes healing in oneself, and this energy naturally flows out to others.

Soul Sustenance

When To Say Yes And When No

When you are faced with different situations or opportunities, which do you say yes to and which do you say no to?

In order to decide, it is important to keep the vision of your dream and what you the soul really wants, in front of you. Be aware of what is essential for you. **From this space of inner focus, we should see which of these situations/opportunities are going in the direction of your dream, what is essential and what takes you away from your dream;** also be aware that sometimes situations are like ‘mirages’ (illusions) that seem to offer something easy and attractive, but which distance you from the essential or the truth. They are opportunities that seem easier and, out of laziness, it would be easier to say yes. But within you, if you listen, you know that, in the long term, you will not be happy, content and peaceful given that you have avoided or are running away from the challenge, you haven't listened to your heart. We need to refuse to allow ourselves to be carried by the current.

When you say yes to the proposal, situation or action that is close to your essence of your spirit, it is a yes in which there is not submission, where you do not lose your freedom or your self-esteem. It is a **yes** with the certainty that, learning from what life offers you; you and others will move forward in a positive sense.

Message for the day

The ones who are detached watch the challenges that come their way as a game.

Projection: There would definitely be many difficult situations that come our way, but if we are detached, we will not become confused. Detachment gives us the power to observe all the situations just as we would observe a game. We would not feel caught up, but will be able to enjoy under all circumstances.

Solution: If there is any situation where we feel helpless we need to develop the power of detachment. We should practice looking at the situation just as we would watch a play. Then we can feel light and enjoy the different turns that the situation takes.