



Poseidon Undersea Resort, Fiji.

True Comfort

Journey into the stillness of your inner being. Here, in the shade of your true self you will find true comfort and true support.

Connection

Love of God is to our consciousness like a string to a high-flying kite. When the connection is strong, we are free to rise to any height.

Relieving The Stress Of Subtle Inner Burdens

All of the matters, messages, ideas and feelings that you want to communicate and/or clear up with someone but you still haven't done, mean an inner burden that you sustain. To communicate the essential, and what has meaning to people that you love and are important for you, is an act of love and care. To leave pending conversations and to postpone them means to accumulate things to say, matters to clear up and ideas to dialogue with, inside you. It means a burden that prevents you from living the present with full freedom. You have something pending.

There are people who, only on the verge of death, quickly say what they feel, to clarify matters and to communicate feelings. It seems that feeling death to be near gives them the courage to dare to open themselves and communicate that which they have wanted to say for so long but have put off.

Sometimes we feel the burden of not having expressed our feelings to a closed loved one, before he/she has died, about how grateful we are to them or/and how sorry we are for some incorrect action committed towards them. We put off the expression of the feelings until it is too late and the loved one dies. Even after a long time after that, we continue to feel the burden of the postponement within.

What might have been, and was not, can no longer be fixed. We simply have to accept how the past happened and not live with regrets that increase our inner heaviness. We have to learn from it, not put off conversations, but clear up matters as they arise and not be afraid to do so.

(To be continued tomorrow ...)

Soul Sustenance

Radiating Positive And Powerful Energy

You will notice many people in your life who are very much in need of love but they attract the opposite energy. This is because the negative energy of lack of love for the self and low self esteem which they continuously radiate causes them to attract that same negative energy from others. In the same way, there are many people who are very much in need of success but they attract failure repeatedly. Failure is directly related to the quality of energy we radiate i.e. how positive and powerful our expectations of success are. Once we set the goals that we wish to reach, we need to be careful that we move towards our aim without creating the negative energy of fear inside our consciousness. **Failure appears when we make an effort to achieve those goals and we damage the result or attract failure without us desiring so, simply because of our fears of failure.** Even then, if at that step we feel that we have failed, we need to have a positive and constructive attitude.

We need to emerge the power to face and power of acceptance inside us. That way our creative energies will flow and we will carry on going forward without the failure (whether real or only perceived by us to be real but actually not real) becoming an obstacle in our path from doing so. Although at that time it may seem as though we have missed an opportunity or that some openings have closed for us, have faith and be fearless. If we are fearless and radiate positive and powerful energy, other possibilities will open up. We have this deep rooted belief that our fear will keep us safe, and we treat it like a comfort zone, a red signal that tells us that we should stop. **Creating a time every day to do something that you fear, helps you to re-condition yourself internally to begin to see the fear as a green signal and to develop inner courage, so that you can move towards your goal of success.** Each day, do what you fear and the fear will soon be removed.

Message for the day

The one who is accurate in every thought, word and deed is the one who becomes praise-worthy.

Projection: We do take care most of the times to see that our words and actions are not negative, but sometimes we are not as attentive with our thoughts. When there are waste thoughts we are not able to make even our words and actions right.

Solution: Instead of making great efforts to change our actions and our words, we need to pay special attention to our thoughts. When our thoughts are right filled with good wishes for others as well as for the self, we find that they become accurate. And with this comes accuracy in our thoughts and actions too.