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Save the Sinking Boat

Do good and forget about it. Do not have grudges in your mind for anyone. Save the sinking boat with the anchor of your pure thoughts. The greatest art is to bring your mind onto this auspicious path. Think good Do good.

A Strong Heart

It is so important to experience God's mercy and forge a strong relationship with God as our Mother. Knowing that a heart that has been hurt becomes hard, we understand God is the only One who can heal our hearts. Each one should ask him or herself : "What can I do to make my heart softer?" There is such a need of mercy. We have to make our hearts softer and stronger, because a strong heart doesn't experience pain and we know that if we experience sorrow, we cannot serve God.

Mental Clarity Or Focus

To strengthen yourself you need to have **mental clarity or focus**. That is possible if there is not so much of excessive thought, so as to generate clouds of unhappiness, suffering, grief, indecision, doubts and negativity - thoughts that your mind produces, thoughts that are weak, useless or wasteful. All of these thoughts cloud your own clarity. **Mental focus means to think less, think concretely, concentrate, think in an elevated way, and your thought will have an energy of clarity and inner strength that will help you to put it into practice with greater success.** You should strengthen yourself to achieve a state of self-control. For this, you need to study yourself, know yourself and understand yourself. You need inner silence, for there not to be so much mental chatter (noise) from thinking, thinking, thinking and thinking.

On top of that, other people influence you and so you generate even more thoughts. There are so many influences and inner voices that speak to you. With all of that there cannot be clarity. There is the voice of your fears, of your ego, that of desires and greed, there are influences of the past, thoughts emerging from your values, influences of your neighbors, your children, your husband or wife, your mother or father, the influence of your office colleague's opinion, or your best friend, your doctor, your guru, etc. **You can listen to many inner and outer voices and, if you are not strong, your mind weakens under so many influences, which has negative effects on your clarity of mind.** Because of all of this you have to strengthen your mind, which means, think less; think slower, concentrated and clear thought; with sense and meaning; of quality, based on a healthy and positive motivation. These thoughts are then like arrows, which have positive strength and clarity.

Soul Sustenance

Crossing Negative Circumstances/Situations (Part 3)

In order to have a wider perception and not to drown in any negative situation i.e. not to get affected by it, you can position yourself in a positive way.

Instead of losing respect for the self and developing a negative consciousness, if you make your consciousness positive and stabilize yourself in respect towards yourself, in maintaining your positive and powerful self-esteem and a healthy distance (not necessarily physical distance, but rather by not letting the situation absorb you), you will be able to have an eagle's vision. From above, everything looks smaller. It is easier to get over something small. You can. “I am a victorious soul” or “I am a destroyer of obstacles” are examples of positive consciousness.

Whatever happens, it is important to always be aware that you create your thoughts and you allow the situations to have greater or lesser impact inside you, according to how you see them.

Learn to create thoughts full of courage, trust and determination. Spirituality and the practice of meditation helps you do just that. Those thoughts, charged with positive energy, will help you to allow each situation to pass; to really overcome it and leave it behind; for it not to remain alive in your thoughts or in your memory. With the power of a mind that creates thoughts full of good energy, wherever you go, you will create a pleasant atmosphere.

Your vibrations will create spaces full of beauty, love, trust and peacefulness; spaces where all those who enter will remove their masks and will connect again with their true self.

Message for the day

To change means to experience progress.

Expression: Whenever there is a desire to bring about a change, there is also a simultaneous intense feeling to find a change instantly – and fully. Yet this does not always happen. However, true change is that in which there is at least a little change. When there is constant effort put in to be better and to do better, then naturally the best results are visible, even if there is not perfection seen overnight.

Experience: When I bring about a change constantly, in whatever little way I can, I am able to experience constant progress. I do not have great expectations, but will be satisfied with the little changes that I make and will have the confidence to go on putting in effort. Even with the little results that I attain I will be able to take encouragement constantly. I am thus able to move on towards perfection.