



Antarctica

A Solution

Problems are simply challenges waiting for solutions to meet them. The two are partners. Think with resolve that a solution will present itself and it usually will.

Trust

Learn to create silence in your mind and peace will flourish in your soul. You will discover God's language. To be internally silent do not think too much. Trust yourself. Trust others. Trust life. You will find it is easier than it seems.

Crossing Negative Circumstances Or Situations

There are periods of life in which it seems to us that there is someone or something who gets in the way of our path. Circumstances, instead of going in our favor, go against us. They are barriers that make it difficult for us to reach our objectives; they are interruptions that prevent us from feeling satisfied; they are situations that seem to reduce our feelings of success.

When we find ourselves with these scenes that appear to block our progress towards the aims and objectives that we have set out for ourselves, we tend to have negative thoughts; we feel anger and rage, or we feel sad and unenthusiastic, as if we don't have the strength to either overcome or transform the situation. Rather it is the situation that overcomes or overpowers us and leaves us exhausted. Some people are not prepared for this to happen and put all their strength into fighting the situation. They do so with feelings of anger, revenge and injustice. Often it becomes a process that wastes their energies and leaves them exhausted, without achieving a true solution.

It is possible to live through situations without them causing such an emotional energy loss. That does not mean that we become cold and insensitive to what happens around us. **It is a question of living through situations without drowning into them. If we drown ourselves in them we won't be able to help others or ourselves.** We will be lost, like the shipwrecked, at the mercy of the waves, the tides and the winds. We will have lost the control of the steering wheel of our ship - our life.

(To be continued tomorrow ...)

Soul Sustenance

The Soul Journey

A common question asked by many is – **“Do we go back to the soul world, the incorporeal world (non-physical world), the home of all souls, when we die?”** When we understand and experience ourselves as souls, as un-destroyable, eternal beings, we realize that death is only a physical phenomenon. At the death of the body, the soul enters another physical costume and a new chapter in its journey of life begins. Depending on the soul's **karma** performed through the body, its new birth is likely to be somewhere in the company of those souls with whom it has been close in previous births. It is quite a paradox that when a soul leaves a body, the relations which it has left, mourn over the loss of their loved one, and the new relations which it gets attached to celebrate with happiness, over an addition of a new-born entrant in their family.

The soul only leaves the home (the soul world) once in a unique, personal journey. This journey of the soul is not linear i.e. a straight line, with a beginning and an end. But, on the other hand, it is cyclic i.e. a circle, with neither a beginning, nor an end – although both leaving the soul world and going back to the soul world happen once each in every cycle. This soul journey can be compared to actors who leave home to go to the theatre to play their parts. They change costumes between scenes - they don't return home at the end of each scene, they return home when the play is finished, only to return the next day to repeat their part in the play. Each birth of the soul that it takes can be compared to a new scene of the play, which consists of many different scenes.

Message for the day

To have love for the self means to finish the weaknesses within.

Projection: When we make a mistake we usually think about it a lot and continue to feel guilty. The continued thought about the mistake magnifies it and we think it is difficult to change or overcome that weakness.

Solution: Like a mother who accommodates the mistakes of the child, yet has the best wishes for the child to be free from them, we, too, need to deal with ourselves with love in order to finish the weakness that is working within us. We need to recognise and work with some speciality that is within us, which will help us overcome the weakness.

