



Happy Outcomes

The loving acts of a generous heart usually bring about really happy outcomes.

Power to Discern

In order to make accurate decisions, we need the power to discern. This comes from clarity of mind and neutral observing. Let me watch without getting my feelings in the way to get a clear picture and to come to a conclusion/decision. To make right decisions, we must also know when to step in and when to step out. This is maturity - knowing appropriateness.

Fear And The Law Of Attraction

You should be careful with what you are afraid of, because you can invoke (call for or attract) it.

Fear is like a magnet. If you are afraid that something will happen to you and you get obsessed about it happening, you are effectively invoking it to happen.

If you are very afraid that something might happen to you and you begin to visualize that it might happen or how it might happen, this terrifies you and it closes you into a phobia and a state of fear. What you are doing is invoking it to happen, because the power of the mind and visualization is very great. If you are afraid that you might be robbed, or of meeting with an accident, or of losing, you are invoking the robbery, the accident and the loss. Fear of rejection produces rejection.

That is how extraordinary the power of our mind is. That does not mean to say that we should not take the necessary precautions. An aged woman knows that to fall can mean her bones might break more easily. She should not be preoccupied with a fear of falling; she simply needs to apply attention and precaution when walking. But when precaution is confused with fear, it is not a healthy precaution or one that is free from worries.

Soul Sustenance

What Is 'Clean Communication'?

With the self covered by the clouds of so many external influences and many of its own negative beliefs and past experiences, the self is normally unclear about its own self. **The light of spiritual knowledge brings clarity to the self, about the self. This helps me to communicate with others much more clearly than when I am not sure or clear about what is going on inside me.** There is a direct connection between the quality of subtle activities in the form of **thoughts** and **feelings** going on inside me and the quality of my interaction and communication with others.

Very importantly, relationships are also connected with **attitude** and **vision**. Sometimes, I may feel I have said and done the right things to someone, yet still someone is not behaving towards me as I would wish. At such times I need to check my attitude towards that person and the vision with which I am seeing them. I may find inside a slight feeling of disapproval towards that person, a feeling of discomfort, a resistance to something in their personality.

Neither of us may be conscious of it, but my negative feeling casts a shadow on the other person. They are not receiving the acceptance or respect from me, that they should (on a subtle level), although externally I may be showing them a lot of respect. This subtle lack of acceptance and respect from my end influences their ability to hear me clearly (on a subtle level), and the way they behave towards me.

The practice of meditation enables me to clean out my thoughts, feelings, attitudes and vision, ensuring that what I share with others on a physical and on a subtle level is positive. Then it is much easier for me to connect with others and for others to connect with me in a positive way. This is called '**Clean Communication**'.

Message for the day

Real positivity is being positive even in negative situations.

Projection: It seems very difficult, if not impossible, to maintain positive thoughts when we are faced with a negative situation. Even with a strong intention to be positive, challenges come in the form of relationships, physical illness, difficult circumstances etc and we find ourselves weakening.

Solution: A long time of practice of maintaining inner self-respect is what will help us in a difficult situation. To maintain self-respect means to understand and appreciate our own uniqueness. With this practice of self-respect we will not be dependent on the external situation but will find the strength within.