



The Nobel Prize, first awarded in 1901, was created by the Swedish industrialist, inventor, and armaments manufacturer Alfred Nobel, in Oslo, Norway. The tradition continues to this day.

### **The Secret of Immeasurable Wealth**

The secret of immeasurable wealth is to need less. The wealthiest human beings ultimately give away vast amounts of the money that they have spent half their lifetime acquiring; this suggests that the motivation behind all their efforts was not the pursuit of wealth but something else. The need to prove something to oneself, for instance? Replace need - whether it be at an emotional or physical level - with an unshakeable faith in one's self and in God. Neither will ever let you down, if you hold fast to this faith.

### **The Three Mirrors For Inner Beauty (Part 4)**

**The third mirror is the mirror of your own thoughts, words and actions** – What you think and feel about yourself and others is invisible to others and only you know what it is. But you radiate your thoughts, feelings, emotions and attitudes through your facial expressions, your eyes, your words, your body language and your actions when you interact with others. That way **your words and your actions act as a mirror in which to see yourself**. You achieve this when you are a detached observer and you become aware of your responses, your reactions and how you express what arises from within you. **This awareness of being an observer needs to be maintained sub-consciously throughout the day and consciously in the night by filling a daily chart before sleeping, on any three personality traits** of your choice. Your main weaknesses or strengths you want to enhance should be included in the chart. We have explained the different types of traits that can be covered in a daily chart in our older messages. You could either evaluate these personality traits with a yes or no or perform a percentage wise evaluation like 50% or 80% for e.g. So it is a good practice to look into this mirror once in the night, before sleeping. This mirror will give you a review of the day that has gone by and make you careful for the next day. The daily chart is useful for this purpose. Filling a daily chart does not take more than a few seconds.

Finally and most importantly, always do remember that **those who use these three mirrors actively and use them well to ensure that their internal self looks good and beautiful all the time become living mirrors for others**. People who come in contact with them are able to see accurately what their internal self looks like. On seeing how beautiful and perfect they are, other people quickly realize their shortcomings or weaknesses and also take inspiration to become as beautiful, clean and virtuous beings as them.

## True Compassion

Compassion in action is to stay in a positive emotion whilst understanding where the other person is at.

Compassion in action is to help others move from pain or suffering to joy or happiness, without absorbing their pain.

## Message for the day

### The power of transformation brings all attainments

**Expression:** When there is the ability to transform negative into positive, and waste into useful in a second there is the ability to be useful for the self and others. There would not be just complaints against the situation, but the best would be made out of all situations and move on to the aim set out.

**Experience:** When I am able to use the power of transformation to finish negative and waste, I am able to experience being free from obstacles. So I am able to experience contentment under all circumstances for having made the best use of everything available.