



Soul Sustenance – August 2023

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01. Rest, Refresh and Rejuvenate Your Mind

We wish to slow down the constant stream of thoughts arising in our mind. With 40,000 to 50,000 thoughts generated each day, and most of them negative or wasteful, our mind gets tired. That makes it hard to focus, to find right words or to stay positive.

Follow these steps to rest, refresh and rejuvenate your mind –

1. Every morning, thank your mind for managing everything - your body, relationships, and work.
2. Nourish it with 15 minutes of meditation, read content that reinforce peace and happiness.
3. Create and visualize an affirmation of how you want your day to be.
4. At work, focus only on the positives in people and situations.
5. Pause for one minute after every hour to relax and clean your mind of any negativity.
6. Meditate at bedtime and resolve any issue on the mind, for a good sleep.

Repeat this affirmation 3 times to create a relationship with your mind and cleanse it regularly.

I am a powerful being ... I take care of my mind ... I meditate every morning for 15 minutes ... I create my affirmation ... I visualize my day being and doing what I want ... I study for 15 minutes ... I respond right to

every situation ... I avoid negative information from media, social media and people ... I pause for a minute every hour ... to rest my mind ... I meditate before I go to bed... it charges my mind.

When you take charge of your thoughts and start regulating them, your mind naturally slows down and thinks right in every situation. Taking care of your mind is the first step in taking caring for people and situations.

2. Freeing Yourself from Hatred for Anyone

We are living in a world of many different relationships between human beings. A beautiful relationship between me and others is based on true spiritual love, one in which I do not carry any hatred for others. Hatred arises in our hearts for someone else when we look at their weaknesses or at their negative behaviour. Sometimes we expect something from the other person and when we don't get what we want, we start looking at the person negatively and start hating them. For some people hatred for a few people in their lives is very common. Can we become completely free from hatred? Is it possible? Let's look at a few different ways to become free from hatred.

1. Begin Your Day by Filling Your Heart with God's Love

The moment you get up in the morning, create thoughts and feelings of closeness with God, who is the Ocean of Love. Take His blessings and connect with Him in meditation and silence. This will make you full of spiritual love for all souls of the world, who are your sweet brothers and sisters and children of God, just like you are and you will feel we are all one divine family.

2. Feel Deeply That You Are a Beautiful Soul and Everyone Else Is Also a Beautiful Soul

Only when we love ourselves deeply can we love others. only when we realize that we have weaknesses can we realize that others too have weaknesses. only when we know we are trying to improve ourselves will

we not get impatient with others and realize that they too are trying to improve themselves. Then we will never hate them in any circumstance.

3. Learn to Give Blessings to Everyone

Whenever we meet anyone in the day, create a beautiful thought in your mind about the other person's specialties. Don't let anything negative or ordinary about the other person touch your consciousness. Spread goodness about everyone.

4. Create a Positive Environment of Love Wherever You Are

When we create an environment of love and closeness, when we share love and joy with each other, then we will be an embodiment of all qualities and fill everyone else with them. Also, we will only absorb others' qualities, never their weaknesses.

3. A Relationship of Trust with God in 5 Easy Steps

1. Realise God Is Our Supreme Parent and Constant Guardian

We need to realise very deeply that everything happening in our life - negative and positive is not happening because God has decided that. It is happening as a result of our every thought, word and action of many past births and the present birth. God is not responsible for everything happening in my life, but He is responsible for helping me in everything happening in my life.

2. Take a Step of Determination and God Will offer A Thousand Steps of Help

Even when you are in the worst phase of your life, with many negative events happening at the same time, remember God's instruction to you that you will not lose hope and will remain determined and God will remember His promise to you that He will help many times more than you expect Him to and resolve every problem of yours at the right time and in the right way.

3. Remember God Everyday to Build Trust With God

Every morning as soon as you get up, take love, blessings and power from God and for a few minutes remember Him and tell Him about your day ahead and about the challenges that you may face in the day. Begin the day full of strength. In the day, keep God with you in every important action and talk to Him constantly. In the night, before sleeping thank God for his help in the day and remember Him for a few minutes. Go to sleep in His lap full of confidence and carry the confidence into the next day.

4. Make God Your Companion in Joy and Sorrow

In times of sorrow, we have remembered God many many times. In times of joy, we have forgotten Him many times. and then we say we love God very much. But if we really love God, its time to keep Him with us in times of sorrow and joy both. The more we do that, the more He will love us back and the more we will feel that He is with us always and as a result we will trust Him more and more.

5. Perform Beautiful Actions and Experience Help from God

Check every thought, word and action of yours and fill it with all beautiful qualities which God and everyone in your life love. This will bring you closer to God and He will constantly protect you in every sphere of life. You will never feel that God is not there for you and life will become a joyride and you will have immense trust in Him.

04. Resolve Issues on Your Mind before Sleeping

All of us would like to fall asleep as soon as our head hits the pillow at night. We expect our mind to switch off so we sleep peacefully. But often we go to bed thinking about issues, goals, to-do lists, or other random thoughts. So the mind gets activated instead of slowing down. It creates several thoughts through the night, disrupting sleep, taking a toll on us physically and emotionally.

Take this moment to see how you resolve issues on the mind before going to sleep at night –

Affirmation:

I am a happy being. I am light and pure. My mind remains calm throughout the day... I take good care of my mind and body...I balance my work with right amount of rest and relaxation. My right sleeping habits enable my mind, brain and body to function at their highest potential. I follow a fixed bedtime... I switch off the television...withdraw from gadgets 30 minutes before sleeping. I practice a relaxing routine to prepare my mind and body for rest before I lie down... I watch my thoughts...if there is any unresolved issue on the mind...if my mind is disturbed...if it is churning on any thoughts from the day...stress from family...work...finances...if the mind is uneasy ... I immediately counsel my mind...I give it answers to the questions...or I give it an instruction that I will think about it the next day... My mind obeys me...it becomes silent...it stops thinking about that matter...and calms down. For 10 minutes I read or listen to pure information ...I repeat my affirmations of the day...as the last layer of

information for the mind. I ensure my body and mind are well rested through the night... they get charged... rejuvenated.

Repeat this affirmation everyday to get the sleep you need by slowing down your mind. When you sleep with a light and clean mind, you give yourself enough time to sleep and wake up fresh the next morning.

05. Positive Energy of Blessings

Blessings ... Sometimes or Always?

Our relationships are special because they are an exchange of love and respect. This exchange of pure vibrations empowers us and keeps us full of energy and enthusiasm. We call such people a blessing in our life. It is because their energy is a blessing for us and gives us the power to remain happy and enthusiastic in every scene of life. Their energy is a source of power for us who allows us to work tirelessly and face challenges with ease. Blessings are not specific thoughts and words created on special occasions, but every pure thought and word is a blessing. We have all experienced that blessings of saints, parents, teachers, family and friends have created miracles in our lives. Whether it is blessings given to a new born child, blessings given just before an exam, blessings for someone who is not well, blessings to begin a new career or business or blessings on any special occasion, we have all experienced the power of blessings on our destiny.

Blessing is a high power pure energy vibration which we create in our thoughts and also express it in words. Blessing means we are creating thoughts of happiness, health, harmony and success for others. Our vibrations influence their state of mind and when their thoughts become pure and powerful; their destiny is nothing short of a miracle.

Let us experiment today ... can our every thought and word be a blessing?

The Way to Give Blessings

Blessings are pure and powerful thoughts and words we create. We can give blessings to our self – for any sanskar we want to change, for the health of our body, for our relationships and work. Blessing means creating a thought or words of what we want the reality to be, even though it is not a reality at present. It is an affirmation which radiates energy, the vibration of which creates the reality.

1. to change a sanskar of anger, Blessing –

I am a peaceful soul. I accept everyone as they are. I express my opinion, but with dignity. I get work done with love and discipline. Peace and patience is my nature.

2. to change a sanskar of being late, Blessing –

I am a powerful soul. I can be everything I choose to be. I have a sanskar of punctuality and I always reach before time.

3. For good health, Blessing –

I am a pure soul. Every cell of my body is filled with love and happiness. I have released all past hurt. My body and mind is perfect and healthy.

4. To heal a relationship, Blessing –

I am a loveful soul. I create all my relationships. My relationship with a particular person is a perfect relationship. All past negative emotions are over. We now exchange only love and acceptance for each other.

Similarly, we can create blessings for our work or any other situation in life. Every morning create the blessing and visualize it at least 5 times. Before going to sleep these should be the last thoughts. After every hour, pause for a minute and create the blessing. Take care not to create thoughts which are opposite of the blessings, even if you can see such negative situations in reality.

Blessing People and Situations

When we see habits of family, friends or colleagues which we feel are not right for them, we often get disturbed. In a state of worry, anxiety or fear we keep thinking about their habits and talk about them to others. Same happens with problems and situations in our lives. Worry and over thinking seems to be a natural way of our living. Repeated thinking and talking of the present reality radiates vibrations which strengthens habits and increases problems. We have the power to influence them to change; we have the power to change the course of our problems - the power of blessings.

Visualize the reality you want, then create a thought that it already exists and then start radiating that thought to people or to the situation. Think and talk only that what you want should happen, believing that it has already happened. These are blessings for their habits or for the problem. When we were unaware we were creating negative thoughts and now when we are aware we create positive thoughts. Change of thoughts and words shifts the vibration and reality begins to manifest.

For e.g. if your child does not eat well or does not study or does not obey elders. Our normal way of thinking would be – My child does not eat. Hope he does not fall ill. What will his future be? The way he is performing, he can never be successful. Look at the way he behaves, he will never change. When we create such thoughts we are reaffirming the reality and allowing it to magnify. to change reality, we need to change our thoughts. Blessings will be – My child is honest and obedient. He loves and respects everyone. He is sincere and hardworking, success today and always is definite for him. He eats a balanced diet and will always be healthy and happy.

Create and radiate these thoughts daily and experience the power of your blessings.

How to Watch the World News?

When we read about a person or a place in the newspaper or are watching the news channel, we tend to start creating the same emotions as the news. If we are watching news of a natural calamity, terrorist attack, accident, disease, financial crisis, then feeling sorrow, fear, anger and hatred seems to be natural. When we create these emotions, it is no more the news of the outer world; it becomes the quality of our inner world. By creating the negative emotions, we are also radiating the same vibration to the people and place involved in the incident – we are adding pain to their existing pain. We believe that feeling the same pain as the victim is compassion. Let us reflect do we want to send them more pain or do we want to send them healing energy. Compassion means to understand them and give them what they need. If there is anger and hatred, we need to

send love. If there is panic and fear, we need to send peace. While watching the news ... detach and create the vibrations they need... not the vibration which already is.

If we create the same vibration of what is happening in the world, then we will radiate that into the world and more of that will happen in the world. If we hear about a terror attack and we create hatred, we then radiate hatred into the world. The vibrations of the world will shift more towards hatred and the violence in the world will increase. to send them healing energy and to shift the energy of the world towards love and peace, we will need to create those feelings and radiate to them even while we are witnessing violence. Being a detached observer means to create an emotion which is different from the emotion of the scene. The world needs vibrations of unity, compassion, respect, love and peace. Let's create these vibrations always. one way of living is to get influenced by the vibration of the world. The other way is to influence the world with our vibrations.

Our Vibrations Can Change Our World

Blessing is a high power, pure energy or vibration which we create as thoughts and also express in words. It is important to remember that whoever our blessing is directed towards – it could be an individual, a group of people, an entire country's population or the whole planet itself – it certainly reaches them. Being energy, it can travel even to the farthest corner of the world. Today, our world needs blessings of peace, love, compassion and happiness. Each of us can make our contributions in our own small ways and still make a big difference. If we send focused energy of blessings to others, we can surely transform the vibration of the world. to

send blessings, we can sit in silence for a few minutes every day. During these few minutes we need to create pure and powerful thoughts and visualise them as reality.

Below are a few thoughts we can create to heal and transform the world –

1. God is the Ocean of Peace. I am a peaceful soul. I connect to Him and absorb His peace. I emerge the globe in front of me and radiate peace to the planet, to everyone in the world. Each soul on the planet is receiving God's vibrations of peace. Peace is the natural way of living of every person. I emerge all those places where there is violence and war ... I envelope them with God's love and peace. The vibration of the world has shifted to peace.

2. God is the Ocean of Purity. I am a pure soul. God's purity radiates to all the five elements of nature – Earth, Water, Air, Fire, and Sky. They are purified with God's energy. Nature is in harmony with humanity. All souls respect nature. Nature gives comfort, happiness and health to everyone.

3. God is the Ocean of Powers. I am a powerful soul. God's powers radiate to every being ... empower all souls. Each soul radiates pure and powerful vibrations to every cell of their body. Every physical body on the planet is healthy. Perfect physical and mental health is natural for all.

Service in Thoughts, Words and Actions

Service, which means to serve others, is our nature. When we hear or read about people who are in pain and suffering across the world, we help them

physically and financially. But we can help only some people and at some time, that way. Our help cannot reach all the people every time.

There are different types of service –

1. Service through actions

Contributing our time, skills and talents for the benefit of others or financial contributions is service in action.

2. Service through words

Sharing spiritual wisdom, knowledge or experiences and advice is serving through words.

3. Service through thoughts

When praying, meditating or remembering God in any other way, consciously radiating vibrations of peace, love and happiness to people and to the world is serving through thoughts. Just by living peace, love and happiness, our vibrations are radiating into the world every moment, even when we are asleep. This service can be done always and can reach out to everyone.

to send pure vibrations or blessings, we could set aside a few minutes every morning or do it any time during the day - even while cooking, driving or walking. We can first choose the person and purpose for sending our blessings. It could be for a family member who is in pain, for a neighbour, for a stranger about whom we heard or saw, for a city or for an entire country which is going through a crisis or for the world. There is no limit on

the number of people we can bless and heal. That is the power we have. We can send blessings either individually or in groups. We can do it as a family, children can do it during their school prayers, or groups of friends or office colleagues can do with each other. Collective vibrations raise the power and results are faster.

06. Be Easy, Not Busy

We routinely use the vocabulary - I am very busy...I have no time. This mindset doesn't let us prioritize or manage time. We over-commit and under-deliver in every area of life. The turbulent energy of the word Busy conveys that we are not available to enjoy life's moments. Busyness makes us stressed about saving time, wasting time and constantly being in action. Just by saying busy..busy..busy... even if our schedule permits few hours of leisure, we won't utilize it to care for ourselves or others. We don't meet people, we call them. We don't listen to them, we speak. We don't connect, we just remain in contact. Today we have more responsibilities, more pressures, more expectations. More need not mean Busy. We can work 16 hours a day remaining calm and happy. Let's start saying I am Easy, I have time for everything. The relaxed energy of the word Easy keeps us calm, focused and efficient. Then we won't want time, we will have more time.

We come across professionals or housewives who work 14 hours a day remaining easy. We also meet school kids who say I am very busy, hurry up. today the energy of being busy is in the air. When we consume and add it to our vocabulary, we radiate a message of having too much to manage and that we are not available for people. Being Easy or Busy indicate opposite states of your mind. They having nothing to do with the amount of work you do. Replace busy with easy and see the difference it makes to your emotional health. You will no longer hurry yourself or other people and create panic. You will go with the flow instead of resisting unexpected situations. You radiate vibrations of peace to your mind, health to your body, harmony to your relationships and happiness to your environment.

07. Creating An India of God's Vision

Spiritual Message on Independence Day – August 15th

August 15th is a very special day for India, when India celebrates its independence, which was achieved after a lot of effort and determination and also with the help of the powers of peace, love for the country and inner cleanliness and truth. When we look back at the sacrifice of all the Indians during the days before independence, we feel proud and we respect all those who did so much for the country, without thinking about their own happiness, comforts and lives. We achieved what sometimes looked extremely difficult with the help of everyone's united power and even God's wish to see this most beautiful and immensely spiritual and God loving country free after so many years of going through so much peacelessness and sorrow. Today, we feel God was with us as we came out of this biggest and toughest battle victorious and opened the gates to a free India. Let us in this message look at 5 ways in which we can create an India of God's vision –

1. Let Us Make Spirituality Our Priority and Self-Reflection Our Habit

As we move ahead in a modern India with a lot of development and many achievements in science and technology, our lives have become busier and more action-oriented. In our typical day, all of us including children and adults, whether men or women are doing a lot. God shares with us a beautiful secret to a beautiful life – Give at least half an hour to yourself every morning. Calm your thoughts listen to God's wisdom and connect with God accurately in meditation in this half an hour. If every Indian did

this, we would all come closer to God and become happier and more enriched internally.

2. Let Us Remove All Our Inner Weaknesses and Create A Character Full of Qualities and Powers

A vision for India that God has is that every citizen of India should be full of God's qualities and powers. We are all used to being under the influence of many different vices and weaknesses. Although we have achieved freedom on a physical level, God wants us to experience deeper peace and joy by surrendering our negativity and bad habits to Him. When we will do that, our freedom will be much more deeper and we will be able to inspire the entire world with our good character, humility and a giving and generous attitude for everyone.

3. Let's Give Each and Everyone God's Wisdom and Teach Them How Wisdom Increases Inner Strength and Stability

God has taught us the importance of spiritual wisdom for increasing our mental strength and emotional resilience. Today, after independence, we have achieved a lot in outer success like improved facilities in every sphere of life for everyone and India has even become better financially and with better medical facilities and many forms of entertainment and success in sports. But what has also happened is that negative situations in people's lives have increased and a lot of people are unsure about the future of their lives. In such circumstances, by sharing God's wisdom with them, we can empower everyone and bring security in the lives of everyone, which is required very much.

4. India Is A Country Known For Its Deities Or Devi Devtas. Let's Bring Divinity in Our Lives and Become Like Them

We are living in a country where the entire land has temples of deities or Devi devtas and they are worshipped everywhere in every village and city of India. Also, we praise them very much in our prayers and sing songs of how they were and read and hear what they did. God loves India a lot for its divine consciousness and its devotion. But God would love it more if we also become divine like the deities or Devi devtas and create purity and divinity in our lives. Pure eating, drinking and lifestyle habits were a part of the lives of deities. Let's imbibe them and make spiritual royalty a natural part of our living and let's give God, the Supreme Soul a return for His love for India and sustenance of India. He is the one who had made India so beautiful and divine and wants to make it the Golden Sparrow of The World again, which it was once upon a time, a few thousand years ago.

5. Let's Create A Spiritual Awakening Wave In India

A very important desire from India which God has is that India should create a spiritual awakening wave. This wave should awaken the entire world and fulfil everyone's desires of finding God, whom all souls in the world are searching for and also teach everyone how to connect with God and take His inheritance of a beautiful fortune in the entire World Drama. This will make India a spiritual light house for the entire world.

08. Everyday Is a Perfect Day

How has your day been? Have your peace and happiness depended on - what is going on around you, things happening as per what you had planned, and how people behaved with you? If we keep questioning and giving away control of our emotions to external circumstances, we become weak day by day - waking up hoping for everything to be our way... and getting upset each time an unexpected scene unfolds. We have a choice how to respond to every scene of the day. Two people choose different responses to the same situation. At times our own response to the same situation differs. If we are in a good mood we choose to be calm, otherwise we get disturbed easily. There are no good or bad days. It all depends how we think and respond. Let's remind ourselves - My situation and state of mind are not connected. No matter what today brings, I will think correctly and make it a perfect day.

We all write a beautiful script in mind about how our day should unfold. On most days things happen as we want. But on days when situations drift away from our plan, we ask Why me? What did I do to deserve this? Everything that happens is accurate and meant to be. It is we who need to reframe how we perceive things. Take a moment to prepare yourself to accept and flow with what today brings. A lot can happen in a day. We need to stay positive even when something seems to fall apart. Even if one moment isn't pleasant, you will take immediate steps to make the next moment better. Instead of focusing on what isn't going right, you will start focusing on what you can control and how you influence situations. and you will also pause to notice those good moments which you would have otherwise overlooked.

09. Our Role When a Loved one is In Pain

We all intend to shield our loved ones from disappointments, hardships and challenges in their life. Some of us believe their hurt is our hurt and we find it unbearable to see them suffer. Safeguarding family and friends in our different roles may be tempting. But the moment we create negative emotions, we are only adding pain to their existing pain, and depleting them further instead of healing. Whenever family or friends are in pain, or when they make a mistake, we feel angry or hurt. They need us to be stable at those moments, but we react. We lose awareness that they are already in pain, and our reactions are hurting them further.

Follow these steps to be a source of strength to someone who's in pain –

1. When someone shares their pain, pause, step back and detach yourself from the heavy vibrations in that scene. Listen calmly. Your stability becomes their strength.
2. Even when someone makes a mistake, he inherently has the knowledge of rights and wrongs. He may only lack the power to implement what is right. Your role is to empower him and not just advice. Radiate thoughts of love and words of encouragement. Show him his strengths, highlight his virtues to others, and envelop him in blessings.
3. When emotionally detached, you become a counsellor and see different perspectives. Your mind thinks clearly. Your compassion helps you choose right responses.

4. Bless them with highest-vibration thoughts and words. This is their empowerment.

Your stability goes a long way in healing and helping people. Let's experience this affirmation of our role when people are in pain.

I am a loveful being ... I am emotionally independent ... people's behaviours do not influence me ... I am stable always ... irrespective of the vibration of people and situations ... if someone is in pain ... I listen to them ... I understand their behaviour ... I create the vibrations they need ... my vibrations heal them ... their thoughts ... feelings shift ... they are happy ... healthy ... successful.

10. Strengthening Your Shield of Positivity

We are all going through turbulent times and life throws at us arrows of different negative situations again and again. We all carry a shield of positivity, which we use to protect ourselves from these different negative situations. Sometimes our shield is not strong enough and some arrows in the battlefield of life hit us hard and we get emotionally wounded as a result.

Let us explore in this message how do we make our shield of positivity stronger –

1. Always keep one positive thought of spiritual wisdom in your consciousness in the entire day. An empty mind weakens our shield of positivity.
2. Keep God's company with you at every step. God is an Ocean of peace, joy, love, bliss, purity, power and truth. These virtues will make your shield of positivity stronger.
3. Apply the full stop when challenged by difficult situations. Don't create a large number of negative and waste thoughts and magnify the situation.
4. Tell yourself worry is a negative energy. By worrying, the negative arrows that life is throwing at you, will take advantage of you and hit you hard.
5. Keep yourself busy when there is a negative situation. The more you do that, the more your soul power will not get wasted and you will remain strong.

6. Emerge the power to face inside you. Remember the battle can only be won when you don't give up. This will attract solutions and take you to safety where the arrows can no longer hit you.

7. Giving is a beautiful art of performing positive and pure actions. By sharing qualities and powers with others, we send our arrows of positivity in the battlefield of life and they will bring the negative arrows down.

8. Practice the art of introversion. Just like the tortoise goes inside its shell, detach yourself from your sense organs and feel your inner being and your shield will protect you well.

11. Beautiful Relationships – The Road to Success

We are all living in a close knit world where relationships are an important medium of life which connects all of us closely. Today, sadly but truly, relationships are no longer as deep and meaningful as they used to be earlier. We are commonly hearing of early divorces and sudden breakups in friendships and so many other types of relationships at the workplace or with loved ones in the family and outside family. Where are we heading? Why are relationships so weak today? Even if they exist, the happiness that they radiate is less. People are lesser content with each other than before and there is anger, ego, jealousy, possessiveness and insecurity surrounding relationships much more than before. There are also people who do not disclose their relationship problems with others but are silently suffering.

Let's look at a few basic methods to make our relationships stronger and based on the correct foundation of constant peace, love and joy –

1. Give a few minutes everyday to filling yourself with peace, love and joy through beautiful affirmations. Reaffirming to yourself regularly about your nature full of peace, love and joy will strengthen that nature further. The more your sanskars are full of these three qualities, the more your thoughts, words and actions will be full of these qualities. As a result, your relationships will also become a reflection of these qualities. The most important cause of relationships collapsing is inner emptiness and inability to share these qualities with the other person. Expectations are the seed of most problems in all relationships and all expectations exist because the qualities of peace, love and joy are not present adequately inside people.

2. Along with creating affirmations for the self, a very important virtue which makes relationships stronger and more beautiful is respect for others. Why is it that nowadays either deep respect in relationships is lacking or even if its present, it is not constant? Why have people become so egoistic and even a small negative circumstance can make all the respect shared between two people to be forgotten. today, you see two people respecting each other immensely and after a year or two, they don't see eye to eye. What is it that is not working in relationships? Giving respect to others, others' sanskars, others' interests, others' opinions, others' lifestyles, others' ways of working and not only thinking about oneself will make relationships lovely and they will work longer. Remember the one who respects oneself or has good and positive self-respect, is the one who respects others more. A first step to a good relationship is a positive self-affirmation every morning – I am special and unique in this world and so is the other. I respect myself and respect the other. I give the other space to be themselves. That is true respect.

3. A beautiful characteristic of each soul in this world is love and relationships for every human being is a medium of give and take of love. Sometimes some people's love is conditional and based on selfish desires. As long as their desires are fulfilled, they are full of love for the other. The moment the other person is unable to fulfil their desires; they can become revengeful and bitter. This is false love. So, becoming full of true and unconditional love is the key to long-term and positive relationships. This kind of sharing of love will resolve differences with others and keep you united and strongly connected always.

4. We all want our relationships to be strong and permanent, but we have never thought of personality transformation as a medium of achieving that. No relationship can be successful and without problems if anger and ego exist inside people. Changing oneself and removing these two negative personality traits at every step brings people together and hearts close. No matter how much love you may share with the other person, but if at times, your behaviour is anger or ego filled, the same love shared does not hold any value then. Many a times, people will gift lots of presents to their loved ones and will go for a holiday or a party or have a meal together or celebrate each other's' birthdays, marriage anniversaries and other important days. But all these are just temporary and will not give permanent happiness to a relationship, if at other times one person has got angry for the other coming home late or has become egoistic, when they did not call. Love means complete trust between two people and where there is trust there will never be accusations and counter accusations. What use is a gift if at other times you do not even talk politely and sweetly, without any doubt and suspicion?

5. Lastly, but most importantly, today most relationships are lacking good quality time spent with each other. Professional targets in the lives of men and women both and varying priorities of two people sometimes is keeping people away from each other. Spending time together and discussing problems of each other and even other family members and then looking to resolve them makes relationships beautiful. So, fix times with each other to be together at meal times and evenings. Also keeping a balance between time given to home and office as well as talking to each other throughout

the day and being with your family, keeps relationships going and makes them full of happiness.

12. Know Your Strengths and Weaknesses

We know the value of being self-aware and having a clear idea of our strengths and weaknesses. It helps understand how we relate with the world, why we behave in certain ways, and what aspects of our personality need changes. But often, we struggle to identify our own strengths and weaknesses, but can quickly point out positives and negatives in the people we are close to, people we hardly know, or even the people we dislike.

1. In a world that is quick to judge and analyse other people, how often do we do the little exercise of checking our own personal strengths and weaknesses? Do you know your qualities? Have you experimented how it gives you an idea of how to improve yourself?

2. We don't spend enough time looking at ourselves. today, listing 5 of our own strengths and weaknesses takes us longer, but we instantly state those of family members or friends. Knowing others or wanting them to change is of no use, they are not in our control. The only person we can change is ourselves.

3. Spend 5 minutes every morning with yourself. Reflect on your thoughts and behaviours that feel comfortable, radiate right energy and bring right results. Those are your strengths. Nurture that quality. on the contrary, any vibration that feels uncomfortable is a weakness. You can work on overcoming it.

4. Developing a beautiful relationship with the self and knowing your strengths and weaknesses helps you improve constantly. Remind yourself -

I know myself. I use my beautiful qualities always and with everyone. I'm aware of my weaknesses and am ready to change.

13. Love Yourself

If we pause and notice our behaviours, we find that it is easier to love other people, than to love our own self. This lack of self-love is visible in so many forms, for example - we don't respect our body and mind, we insult ourselves for faults and failures, we don't forgive our mistakes, and we under-estimate our abilities. How much we love ourselves decides how well we live our lives.

1. Do you judge yourself very harshly when you lacked something? Do you truly open up your mind and heart to love yourself when you're doing great? Or do you rather wait for receiving the energy of love from others who you value? Self-love is an art we need to master.

2. Love is who we are, it's our innate quality, our personality and our very nature. It's an energy we can create and give it to ourselves and others. But we block love when we harbour unloved feelings like anger, guilt, fear or pain. So we seek love from other people. But even if everyone loves us except ourselves, we cannot experience it.

3. Remembering that we are love finishes our dependency on people to love us. We need to cultivate self-love by accepting, appreciating, motivating and being kind to ourselves, unconditionally. We are already beautiful and are ready to work on the self from this moment.

4. Never say you need love. Change your vocabulary in your inner conversation and watch self-love flow automatically. Remind yourself - I love myself without conditions and without limits. Every word I say to myself is empowering.

14. 5 Tips to Remain Free From Hurry

1. Practice the Pause When There Is A Difficult Situation

A common response to negative situations is to immediately think more and that creates hurry in actions. Stopping whatever you are doing and creating a few thoughts of peace, positivity and power at that time, helps in slowing down the thoughts and keeping them focused and free from hurry.

2. Start Your Day with Meditation and Silence

The best way to slow down your thoughts in the entire day is to begin your day with a deep connection with God - The Ocean of Peace and Silence. In the morning our mind is very fresh and if we make it silent with meditation at that time, the whole day is influenced because of that and we hurry less and work more.

3. Reflect Deeply and Reorganise Your Time In Your Mind

We hurry when suddenly a situation comes in front of us, which expects more from us than we are used to. At such times, we feel there is very little time and we hurry. We need to instead go inwards and stretch time by being flexible and then begin our work again with a new time table of tasks than our regular one. This will reduce our hurry.

4. Experience God with You for A Few Moments and Take His Guidance

Sometimes, when we are at work or in our families and there is lots to do and there are many unfinished tasks and time deadlines, it's good to link your mind and intellect with God and take His guidance, which makes us

stable and free from hurry and it also makes our mind more organised and efficient.

5. Read and Listen to only What is Necessary

one of the reasons our thoughts are more all the time and we also feel tired and hurried because of that, is that we begin our day with the newspaper and television and in the entire day think and discuss a lot about what others are doing, which is not necessary. We need to avoid this and read, talk and listen more positively and economically.

15. Positive Thought Based Living

Living in a world of high speed and actions in our everyday lives, we need to spend a few minutes everyday looking at how much time did we spend in the day in giving and spreading the fragrance of our specialties and loving each one whom we meet, with a big heart. Always see and check whether each action of yours is dedicated to the benefit of others and not only for benefiting the self. We all know and realize that the day to day routine includes work tasks of different types but life is also about giving and receiving from others all that's beautiful in life like peace, love and happiness. It's fine to be over involved with work but even in that work there are some people who are more in touch with their inner goodness. Some will make it a point to share good things with others in the form of good words while talking to them and good gestures while interacting with them. Some people will make it a point to share with others, something good over email or through any other social media before starting their daily routine at office or even the regular work at home if they are not working.

So, life isn't all about working hard for a living but living a value based life and spreading the fragrance of values to others. Values are not to be kept within you but shared with others and distributed with a big heart. There are some people who will put up some good thoughts and spiritual words everyday in their homes or at some place in their office where everyone can read them, take inspiration from them, bring them into practice and also inspire others with them. This is called positive thought based living and not just plain living which many people in the world indulge in. Live life to the fullest and enjoy it but not at the cost of giving up values. Let every

person whom you come in contact with, feel you are different not only in terms of personality and skills but also in terms of your basic nature and the virtues or qualities you possess. Then the world will become a beautiful place to live in and we will be like one big family closely knit together in a bond of pure love and happiness.

Blessings from every person you meet will make your life more beautiful and free of difficult situations. Living a life of giving joy to others through the simplest possible ways like a smile or a warm greeting or a gesture of appreciation is a beautiful way of gathering blessings from everyone. It is said very commonly – give blessings and take blessings. That means the more you keep good wishes for others the more full of good wishes you will be which you will receive back from others. A good practice whenever you meet someone is to ensure that you have shared something with the other person e.g. If a person comes to you and he is lacking love, just look at him and create a pure and positive thought in your mind that this person will experience his original quality of love and share the same with others. Do this with a humble consciousness. This is like giving a blessing to the other. This will inspire the other person to change and imbibe the quality of love which he is lacking. You may think this won't work, but the power of a positive thought created by you is immense, which can transform the other person completely. After all our thought energy does touch the other person's consciousness on a subtle level. It's like whispering into the other's ears a message of pure love which he is lacking, listening to which is an inspiration for him to change himself. In the same way, if someone has a habit of becoming angry very easily and you pass her on a particular day on the street, look at her and send her a good wish that you will

experience lots of peace which is your original sanskar. These are blessings which work magically. Powerful thoughts have immense power, much more than words.

The pure love that you carry in this incognito way for others is like a healing balm for others which can make people more beautiful and bring them closer to you. Try giving a good wish to every person you meet in the day for one week. This way you will see how all your relationships with people become more beautiful and how everyone around you start becoming better individuals. It's a beautiful practice.

A very easy technique of radiating good wishes at the level of the mind is looking at others as a spiritual being of light i.e. looking at the spiritual form of others. The soul is a spiritual energy which constantly radiates energy to the world. When I look at the star like form of others which is the form of the soul at the centre of the forehead, which is the same as my spiritual form, I radiate my original qualities of purity, peace, love and joy to others. It's like empowering others with my vision. This again is to be done in complete humility and remembering that the other person is my soul brother and we are children of one Spiritual Father and Supreme Soul - God and we share a common bond with Him. Also, since we are children of the one Father, we have the same original sanskars or qualities mentioned above. Every day you meet so many people. Look at them as soul brothers at the centre of the forehead – the sparkling star of spiritual energy, full of pure qualities. This way they will return what you share with them through your vision. God looks at all of us with this type of vision. God has the knowledge of your physical body or role but always looks at your star like spiritual form or

the soul, which is your eternal form. The physical costume which we call the human body and the role we play is temporary and keeps changing.

Lastly, never think negative for any person. The busier we become, the more negative we get at times for others because we do not have time for introspection or looking inwards. Very often, we have got into the habit of having a negative mindset especially when we talk to our loved ones or close ones about others. We commonly say such and such person is not so nice and we mention some negative personality characteristic or weakness of the other person or a certain negative way in which he or she has behaved. So common this is. You come home from office and talk to your family members about all the negative things that took place in your office and all the negative behaviours of everyone there. and all that you talk or discuss far away from the other person on a physical level but it all travels to others on a non-physical level, which creates barriers in relationships. So think positive and think good, spread the energy of positivity to others all the time and enjoy what we call positive thought based living.

16. Celebrating Raksha Bandhan With Divinity and Beauty

Raksha Bandhan (August 30th) is a festival celebrated between sisters and brothers, a bond of purity and protection.

The rituals followed earlier were different from today. Earlier every family had a priest, who was invited home for prayers and purification of vibrations. The priest would tie a sacred thread on everyone's wrist.

This sacred thread was a thread of pledge. Each family member would promise to live a life of right actions. Gradually the ritual began to change - young girls in the family tied the sacred thread and then it changed to sisters tying the thread to their brothers.

If a brother is a child, can he protect his sister? Can a brother always be around his sister for her protection? Is it only a sister who needs protection, not brothers? Does the festival teach only physical protection or is there a deeper learning?

Every festival and ritual we perform conveys a meaning. The ritual is a symbolic representation of what we the souls need to follow to lead a happy and healthy life.

Raksha Bandhan is more than tying a rakhi and brother protecting the sister. The festival reminds us of the direct connection between Purity and Protection.

Raksha Bandhan means a bond of protection. We need protection from all that is causing us harm or pain. All the terror and damage that we see happening in the world on a physical level is a result of emotional

turbulence. A soul with deep thoughts of lust will indulge in impure acts; a soul with greed will indulge in theft; a soul with aggression will indulge in violence. The 5 vices – lust, anger, greed, attachment and ego are the causes of emotional suffering of the soul, and when these come out into action, we cause harm to others too.

Each soul needs to protect itself from ego, lust, anger, irritation, jealousy, obsession, greed, hatred, hurt, attachment, criticism, domination, manipulation ... the list is long. to protect ourselves we need to inculcate purity of thoughts, words and actions by using our seven qualities – peace, joy, love, bliss, purity, power and wisdom.

to experience and radiate our pure qualities, we need to promise our self and God a life of Daily Discipline –

1. **Gyan** – Study of spiritual knowledge to fill our self with pure information
2. **Yog** – Meditation and Connection with God to empower our self
3. **Dharna** – Using spiritual principles in our way of living and working
4. **Seva** – Giving and serving others through the mind and physically
5. **Satvikta** – Pure eating and drinking habits

The divine festival of Raksha Bandhan teaches us the connection of Purity, Promise and Protection.

17. Take and apply one Value for Each Day

Every scene in our daily life presents so many choices of how to be and what to do. The decision we take in each of them is a reflection of our values. Whether it is our care, patience, sincerity or gratitude - values give direction and add meaning to life. If our thoughts, words and behaviours are in line with our values, we feel comfortable. But if we compromise, deviate or give up values for any reason, we regret it sooner or later.

As someone who believes in moral living, you create a compass of values and use it to guide your choices and decisions. But as you set out into the world, you notice people around you compromising on their values. At those moments, do you get tempted to drop yours? Have you given up on any value just because someone else you live with, doesn't have it? Values are our strength. Even if no one around us is using them, and even if others believe they don't work, we should not give them up. But often our behavior becomes only a reflection of the way others behave with us, and in the process our own values get lost. Living values means to consistently strengthen the spectrum of our principles and use them every time with everyone. Holding on to our values even in the face of temptations and challenges, increases our power. Values should be at the heart of all our choices and decisions, always. Otherwise if we use them only as per convenience, our values lose their value. Choose any one value and for the next 24 hours, be committed to make that value reflect in who you are and what you do. Use it always and with everyone. Remind yourself - I choose one value every day. and I use it in my every thought, word and behaviour. My values define me. I bring them into action in every scene and strengthen my personality.

The value you choose becomes like a code of conduct which helps you become better and better. You will also make a difference to people and situations around you.