



**FAST FOOD - THE ORIGINAL!**

### Healthy Swaps

Changing habits can be a challenge! How many times have you tried to stop doing something, only to slide back into the habit?

You might just find it easier to swap than to stop. Swap one unhealthy habit with a healthier habit that works for you.

Swap: a chocolate bar with an apple; 10 min walk rather than jumping on the bus; crunchy veggies instead of greasy snacks.

## **Meditation On Experiencing Deep Peace**

Consider your mind as a stage, and each thought, feeling, emotion as a scene in the film of your life... Relax... Don't try to control anything... Observe how your thoughts pass through your mind... Don't identify with any of them... Only observe... Look where they take you... Observe what happens inside you... Do not judge... The thoughts flow through your mind as if they were clouds that are crossing the sky until everything is clear and open... The mind is becoming calm, making itself peaceful... like the surface of the sea when it is serene...

Now, be conscious of the sounds that are produced around you... Stay here and now as an observer who sees and feels everything from a point of light, a point of calm and peace, behind these eyes... Feel the calm... the tranquility... that comes from within you... Look around you... Observe without interpreting or judging... Feel the silence that is created through the power of concentration. Consciously, create a positive, peaceful, elevated thought that you repeat slowly in your mind, leaving a space of silence between one thought and another, while you keep the focus on that point...

I am a being of peace... I am at peace... I feel the peace... I am light... I am a being of light... My nature is of light... peace and silence... I am feeling the silence between one thought and the next... I listen to the peace... a silent peace... calmed... full... This peace and silence attracts the ocean of peace... I feel the attraction towards my home of silence and peace... a world full of soft golden light, beyond the sun, moon and stars... In this peace and silence, I strengthen myself... my mind rests in that calm and quietness...

I experience a light, the Supreme Light, the Supreme Soul who fills me... he recharges me... renews me... heals me... frees me... I am free... completely free... now I am at peace... I leave my mind in silence, as if I were floating on a sea of peace for a few minutes...

## Determination

Determination is an essential quality to nurture if we are to continue on our spiritual journey. No matter how much enthusiasm we have or how clear our aim is, without determination we will give up sooner or later. In times of challenge, we take care that determination does not lead to stubbornness; then we can let go of resistance and not oppose anyone or anything with our mind. Instead, we take time for meditation, reflect on the most compassionate way to deal with situation, and quietly wait for an approach to present itself.

## Soul Sustenance

### The Art Of Stepping In And Stepping Out In Relationships (Part 1)

For any activity, or relationship to remain peaceful and successful, we must know how far to step in and how far to step out. It is like a gardener who sows seeds at the right time, steps in to plant and water them and then steps out of the picture to allow nature to carry on with her work. However, from time to time, he steps in again to see if there is enough water, if any insects are attacking the plants, if any food is needed. His role is to find the appropriate space for the potential beauty and uniqueness of the seeds to emerge; he does not create the flowers but facilitates their expression. The gardener does not step in too much; that would be called interference. After planting the seeds, he does not demand an immediate result; he does not dig them up next day to see if they have sprouted. He plays his role, fulfils his duty, but lets go because he understands the blooming of the flowers is not dependent on him. Nor does he let go too much. If he did, then the plants would die from lack of care, or the insects and weeds would destroy them. He does not let go so much that he isolates himself from the process. **Instead, by knowing when to step in and when to step out, he creates a respectful partnership or relationship with nature.**

**Tomorrow we shall apply this example to real life relationships.**

## Message for the day

**To bring newness into actions means to contribute for the betterment of the self and others.**

**Expression:** There is a constant desire to do something better that makes a contribution to oneself and to others too. So the one who thinks of newness can bring about such a contribution. There will not be something different that can be done. But the same thing can be done in such a way that there is benefit visible.

**Experience:** When I am able to bring newness in the way I do things, I am able to experience constant progress. There will also be the satisfaction of bringing about newness and creativity even in ordinary actions. Along with this will also be the satisfaction of making a contribution in every action of mine.