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Being A Good Transformation Agent

To your guilt excuse and victimized feelings

How many of us have such thoughts

I wish my father was rich...

I wish my inlaws allowed me to work...

I wish I did not have to struggle...

Because of my husband's inability, I have to earn...

Because I did not get proper education I am not rich...

Often, we feel ourselves to be victims of different factors that **seem** to direct the course of our life without us being able to control them. The world does not seem to dance to our music and our will, and we feel ourselves to be victims because things do not work out or are not as we want.

Therefore, we give up and decide to resign ourselves to this

reality; to be victims of it and observe passively (non-actively), resisting what comes, getting frustrated and bad-tempered. However, we could position ourselves in another way: being **transformation (change) agents** (the ones who are able to change the external factors like people or situations) by creating a different reality. To do so we have to **change** our perception. Also, it is necessary to strengthen our capacity to **tolerate, accept, let go and forget**.

Tolerance here also refers to **understanding, love and compassion** (kindness). Not to put up with people or things, but to remain above them, to go beyond them; to co-operate with trust and motivation. It is difficult for us to tolerate because we have expectations and pre-conceived ideas of how others should act and be. Then we create negative feelings towards them because they are not like that or don't act in the manner that we want. This makes our relationship with them difficult.

When your vision towards others is positive, you see their qualities, their efforts and their values instead of their defects and their errors. You are open to listening to them and to understanding their intentions. That way it is easier to have good feelings towards them. **Basing ourselves on a positive and objective vision and on good feelings, we do not have to put up with, or even tolerate the other - the relationship becomes streamlined.**

If you go inside yourself and observe, with sincerity, your feelings towards someone that you consider unbearable or intolerable, you will see that your **perception** (way of looking at them), your expectations and your bad feelings make you feel that the other is unbearable or intolerable. You have allowed the other to influence you in the creation of your bad feelings. You have lost compassion (kindness) and the capacity to accept and understand the other.

Being a good **transformation (change) agent** requires having full control over your inner world. **If you are the victim of your rapidly moving mind, your bad feelings, your aggressive emotional states and of your not-very-healthy habits, you will easily feel yourself to be the victim of others, of circumstances, of time and of society.**

In relationships, the key is in living with your consciousness awake and not to do anything that your conscience does not agree with. In doing so, you don't have to fear the opinion of others. You don't have to feel insecure or doubt yourself. If not, we will continue to act against our own consciousness and we will feel ourselves to be victims. To avoid pain or the unhappiness that arises automatically when we act against our own consciousness, we look for guilt excuses: "Because of... I haven't acted as I should." We blame or we make excuses. That way we suppress the voice of our consciousness until the suffering and unhappiness is such that our conscience scolds us, which increases our unhappiness even more. A good transformation agent will always obey the voice of the inner conscience. By remaining in tune with our conscience and creating right thoughts, words and actions, it becomes easier for us to move from victim consciousness to transformer consciousness (one who brings about change).

See you sometimes on your journey of exploring, reinventing and transcending towards your highest growth

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Roop Lakhani -Khar, Mumbai, India

- Tarot Master Consultant & Tarot Master Tutor, Numerologist, Vastu consultant, Energy Healer

- Theta Healer, Hypnotherapist, EFT practitioner, Meta health practitioner

The Inner Journey - Send email to order your copy of the book.

Mob: +91 98216 12031 ~ +91 98213 36195 (to fix appointments) - Mumbai, India

E-mail: roop@tarotfuture.com - Web: <http://tarotfuture.com/> - Twitter ID: tarot_cards

Facebook ID: Roop Lakhani Tarotfuture and Roop Tarot Card Reader

Blog: <http://roopslivechat.blogspot.com/> AND <http://www.itimes.com/public/people/roop1962/blogs>

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