



Life Skills

‘Every thought we think is creating future.’

‘To be at peace with yourself, first accept your own self, your dark sides and your bright sides.’

Accepting reality

I am not like him teaching reiki in the most beautiful way, though I learnt it from same master....

I am not looking sexy and charming like my sister....

I am not earning so much like him, though I am more intelligent than him.....

I am not as courageous and bold as he is....

I am not as productive as he is....

I am not having so many influential contacts like him....

My boss does not like me...

My mother in law is very unfair...

My father is overprotective to me....

How many of us have such similar types of thoughts raised in our mind without our knowledge, unconsciously or subconsciously?

The chatter box in our mind keeps having such conversations at the back, with or without our knowledge, with or without our conscious choice, with or without being aware how we destruct our own selves, completely unaware what harm we do to our own selves.

“...self-contempt never inspires lasting change.”

-- Jane R. Hirschmann and Carol H. Muntter

I can suck myself down into a deep, black hole when I focus on what I think I SHOULD be... more loving, sexy, productive, whatever. I can suck myself down into a deep, black hole when I focus on what I think I SHOULD be.... like him or her....., intelligent, creative, productive, communicating efficiently.....

Thinking I should be something else means I'm not good enough now. This is poverty thinking and a guaranteed way to be miserable. This is the way we create holes in our being. And because of these holes, we seek company of the other, love of the other, madness of others. We manage to so call fill up our holes in the being, by remaining in their contacts or in company. when they disappear, you realize again the vacuum within you and the search starts to fill up the holes by looking for another set of company of people who so called will help you fill up your holes of your being.

Guess what, sometimes the whole life is spent finding the right person to fill the holes and it ends with realization, 'ohhh..no one can understand me'...sometimes the whole life is spent realizing, '....this is life...it has no meaning'...sometimes the whole life is spent finding the search the right relationships to fill the holes in our being.

We keep looking out for relationships in the outer world by compensating with the missing elements of our own being, by projecting our own dark side onto others, by projecting the missing quality or belief onto another person, by disowning the feelings or motives in our own selves... and keep wondering why relationships are not smooth and loving..ever...

I can let go of this suffering by accepting WHAT IS. I can let go this misery when I STOP PROJECTING. I can be aware and get responsible when I can say, "This is how I am right now and that's okay." I can be positive by not pretending the true hidden feelings. I can be filling up my holes by accepting my inner authentic feelings rather than denying them superficially.

When I first tried this, I could say it but not believe it. Then I began to experience the freedom this perspective brings – just by changing my mind! Just changing the line of my thoughts...now I'm beginning to believe it. What a gift! What a superb life!!! what a nice quality of life to live!!! What a feeling to be so true and loving!!! No regrets, no resentment, no guilt!!!! Only acceptance, truth, love!!!

Anything your mind believes, it is possible to achieve!!!!

Believing starts with acceptance. Accept the reality. Don't fool yourself with illusionary and imaginative being of yours....

Life is a contrast of two opposites... life is complete duality and your being is the acceptance of these coexistence of opposites in you...you cannot be wise unless you make foolish mistakes... you cannot be intelligent unless you realize your ignorance...you cannot be generous unless you are miserly somewhere...one cannot be aware once on is doubtful....

"When we stop opposing reality, action becomes simple, fluid, kind, and fearless."

-- Byron Katie

Know Yourself –accept yourself. Accept your strengths and weakness. Accept your gifts, talents, potentials. Accept your limitations and subconscious conditioning. Accept your childhood painful feelings. accept your past guilt, shame, resentments, regrets, anger, hatred, depression. Accept your beliefs, patterns and attitude. If you want change in yourself, still accept first yourself by being who you are and then consciously be aware of the change who you like to be. Do not imitate, pretend or force your feelings or yourself. Be natural. Be yourself and do. Be as if you can do that change effortlessly. The more you practice allowing and accepting your true feelings, the more self acceptance and peace will prevail...the true love to your ownself will flow for you.. the inner world will become loving to you and so will be the outer world.....

Love you all

With Divine Guidance

Roop Lakhani -Khar, Mumbai, India

- WMA - USA Certified, Tarot Master Consultant & Tarot Master Tutor

- Theta Healer and Clinical Hypnotherapist

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>

Video on Sify.com: <http://videos.sify.com/Tarot-card-reading-with-Roop-Lakhani-SIFY-watch-ldzoJgbbahb.html>