



## THE TRUTH OF LIFE

Many of us often want to make a huge effort to change people around us, but we forget that we can only change ourselves and that other people will follow us. The same pattern applies in a partnership. If you are dissatisfied with your partner's attitude you should be the one who takes the first step to change the situation. This is the only way that leads to change of relationship. It is important to respect and not to control partner's personal freedom since this is irreplaceable. Therefore, we should let our partner have his or her personal space. We can restrict just ourselves with conscious and unconscious patterns.

What kind of emotional-mind patterns hinder you? How to change the patterns that make you unhappy? How to find a way to accept yourself? How to find the inner strength to forgive and not to judge? First of all you need to be confident about yourself, to accept all of the advantages and disadvantages. Then change the attitude that can be altered. The rest should be adopted as part of us. As soon as we accept ourselves we can not be bothered by other people. Our further way of love leads through the wisdom and inner peace. The inner peace can be achieved when your body is completely serene and carefree of everyday stress or unresolved relations.

In everyday life we face situations that are actually subjective responses to the emotional state of mind which causes stress. If we are able to see each situation as something good, although at the first sight it doesn't seem to be, this will no longer be stressful for us. In particular, it is concerning circumstances beyond our control. Many times we get involved in the situation where unpleasant consequences make us nervous. Therefore, it is very important to learn how to take responsibility for all our actions. When adopting this stage we get mature. Hence, circumstances that are result of our own mistakes will no longer be stressful for us.

Everyone has his own way of limiting the impact of stress and pressure. There are people that spend long periods in pubs, others are extremely active in various sports. Some people do

work overload. On the other side they limit their stress through sexuality or punching a punch bag to rid of anger. When none of those methods of reducing stress is available the pressure gets even more increased. In general this kind of methods work for a while, but after a time they show up as a failure. Of course it is best to avoid situation that causes a stress to us. Anyway, when it happens we ask our spiritual guidance, which represents our spiritual assistance, to support us within few minutes of meditation. We transmit to spiritual leadership all of the pressure and concerns, than ask them to refine our energy and give us everything we need. This is the way to limit the influence of stress on our life.

Ten years ago I had a dog that was dying due to bone cancer and at some point I would prefer to take over his pain instead. At that moment I got the pain in my right hip which lasted for three days, and my dog did not recover either. I have learnt that everyone has to face his own problems and we can not help other people with adopting their pain. I have also found out that if we want to help someone we should not be emotionally involved into his or her problems, since it could leads us to adopt the difficulties of this person as well. Hence, we also take over the energy which reduces the level of our ability to help. I have realized that we can help only when we are asked for. We consider whether we are able to help and if particular individual actually deserves our assistance.

In one of the previous articles I was writing about the spiritual structures and spiritual concepts. It is important for us to begin to realize that the most important fact of our life is the life itself. It is wonderful to read and learn about the infinity of the space; how helpful and supportive the space and spiritual guidance could be for us in every moment. I do not read books or web-sites about spirituality. Therefore, all of my articles, meditation classes and lectures are based on my insights into the spiritual world and spiritual assistance of the Archangels Michael, Uriel, Metatron, Raphael, Gabriel and the Great White Brotherhood, and all of the other spiritual light beings that help me in everyday life. We should not forget that the spirituality is the life itself. Even though somebody reads a lot of books with spiritual context and attends various events concerning to spiritual concepts it does not mean that he or she is a spiritual person. We become spiritual human beings by organizing our life in general; by solving our personal problems and learning how to constantly sort out also small troubles; by creating strong basis that actually reflect our future. This is how we balance our life and achieve the perfection of human being. Afterwards, this indicates the time for those who have received spiritual gifts by God to benefit at the expense of them. Only this way we will be able to use the gifts in a way which is the most beneficial for us and for everyone around us.

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