

When we live a soul-centered life we become a happy person, for to be with the spirit is to be in peace and contentment.

If we live a materially engrossed life, we face the storms of life without an anchor. Our spiritual being, or soul, is the anchor. Only a spiritually awakened person can discriminate between what is good for him and what is not good for him at any given period of time and avoid the evil consequences of cause and effect. As a soul-spirit we are healthy and happy. This is our natural intrinsic state. But this state is covered with the debris of old clutters of negative energy or emotions. Once we are able to release and let go of this baggage, the soul shines on its own accord. Meditation, mindfulness, and heartfulness practices help us to release, let go, and de-clutter. Then positive energy of love replaces fear and guilt and we bounce back to our natural state of happiness like a child!

Compassion is the fragrance of our soul. But to see it manifest through us, we need to practice meditation on compassion and healing energies of the universe within and without. We just need to be more a soul-person than mind-person. Meditation is to be more a soul than treacherous mind. Meditation transforms the mind by releasing all its toxins and gives it the quality of soul, where we are pure love and bliss. Soul breathes love; impure mind breathes hate!

Our ability is infinite for it is imbedded in our soul. If we think we can do something, we will be able to do it. We think we are body or the conditioned mind, we will have the perception of smallness. As we meditate regularly and practice living in the present moment with attention, we become more a soul-centered person and our power and ability starts to expand. As our mind is clarified through meditation, the mind too feels more buoyant and confident. Our perception changes and we feel a drive from inside that I Can Do It. Then the borders of impossibility fade away!

The more soul-centered we are, the more love can manifest unconditionally, giving us a life of joy for no reason. Love and compassion flow through us when we are not identified with our selfish mind, but when we are soul-centered. Practicing love, kindness, forgiveness, and empathy is not just for others. As such we can never do good for others before doing good for our self. As such when we harm others, the very process contaminates our mind and harms us first. It is easy to be good to those who are appreciative of us and our likings, but how many of us can be good to those who are rude or negative to us? But when we see the same person from the eyes of our soul, we see beyond the skin, into the core of that person and may compassionately forgive him.

In our universe, we are right in the center. Everything and everyone is all working with us to help us see the truth veiled in our ego identity. Every sublime human quality belongs to our soul, for it is intrinsically divine. Therefore we commit to our self that whatever the external situation, we are going to manifest our soul qualities, adding joy and peace to others, knowing all good will all come

back to us!

At any point of time, depending upon our level of awareness, we can either choose to be in the present or caught up with past and future. We can choose to be overwhelmed with what is happening or rise to affirm our soul's purpose behind the happening. Life is a continuous choice. Either we affirm life and its opportunities, or we lose through negative affirmations. Living a soul-centered life empowers us to live in the present, choose the Life positive, and let go of all life-negating attitudes that block our happiness and progress, success and peace. This is holistic living. Happy living.

Link: <http://themagichappensnow.com/living-a-soul-centered-life/>

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