



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

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Episode 144

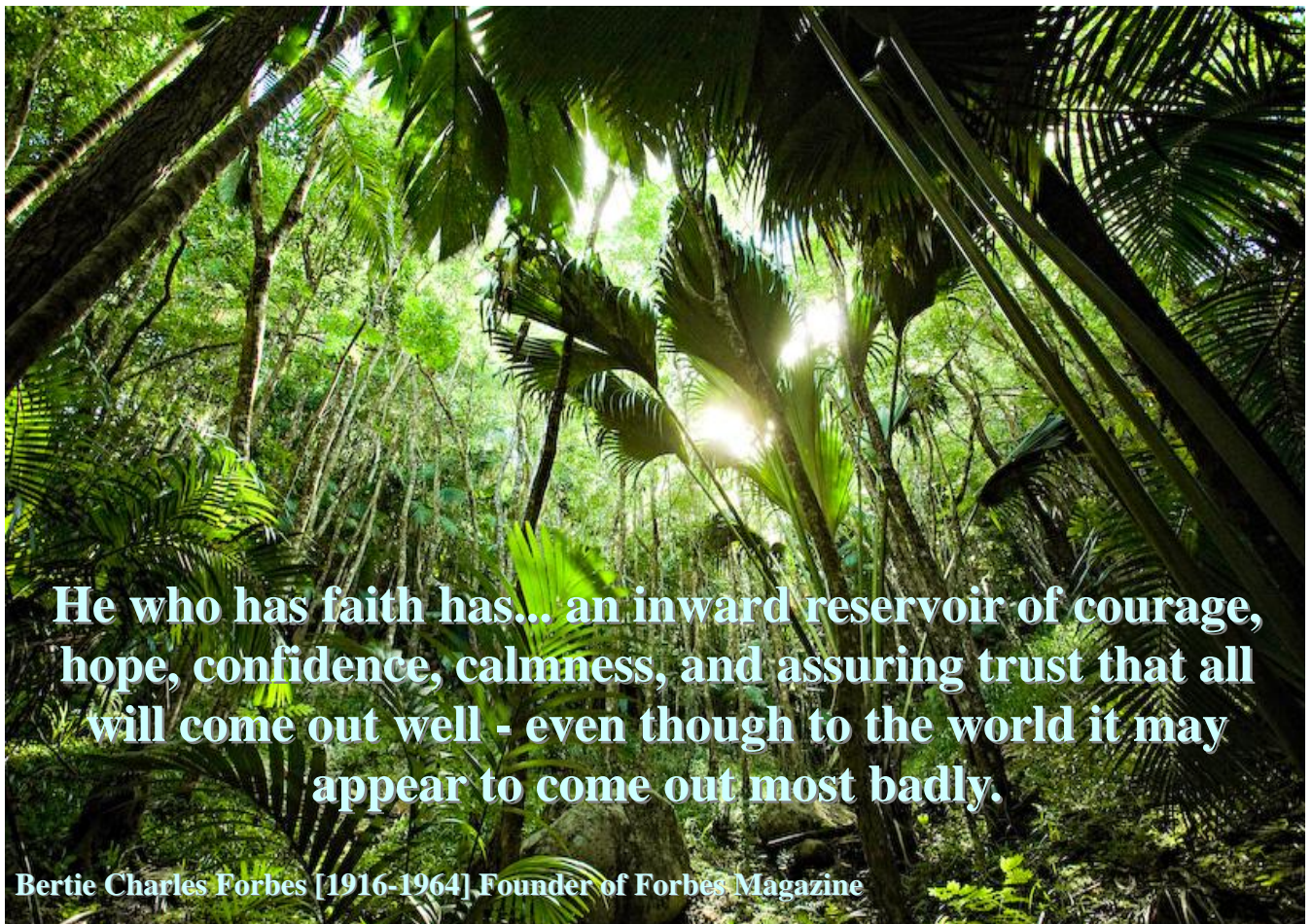
“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 76)



"Working Hard at Working Smart" (part XCVI)

The Power of Calmness and Deliberate Gratitude



He who has faith has... an inward reservoir of courage, hope, confidence, calmness, and assuring trust that all will come out well - even though to the world it may appear to come out most badly.

Bertie Charles Forbes [1916-1964] Founder of Forbes Magazine

(Faith, Courage, Hope)

The future we want: The Promise: The Force Beyond

The Power Of Calmness

By: Balroop Singh

Have you ever experienced the power of calmness?

Look at the calm waters of lakes... they breathe immeasurable tranquility.

Look at the snow-covered mountains in winter...the serenity and contentment they communicate is transcendent.

They calm your mind in an unimaginable manner.

Our mind is always racing, planning to execute all its wishes quickly. Calmness is seldom its goal but a secret wish in turbulent times, when the storm becomes unbearable.

Prudent are those who take care of keeping their mind calm, who don't take mental health for granted, who know our mind can easily get perturbed but shouts often, for calmness.

Enlightened are those who nurture the patience to listen calmly. The pleasure is not just theirs but they breathe **a sense of contentment**, they pass on an aura of wisdom to all those around them and when they speak, each person listens and values each word!

"The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom."

James Allen

It is so difficult to remain calm in a charged atmosphere, I agree with you. **We can learn to calm our mind** but before that we have to practice:

Calmness of heart
Calmness of body
Calmness of words
Calmness of mind

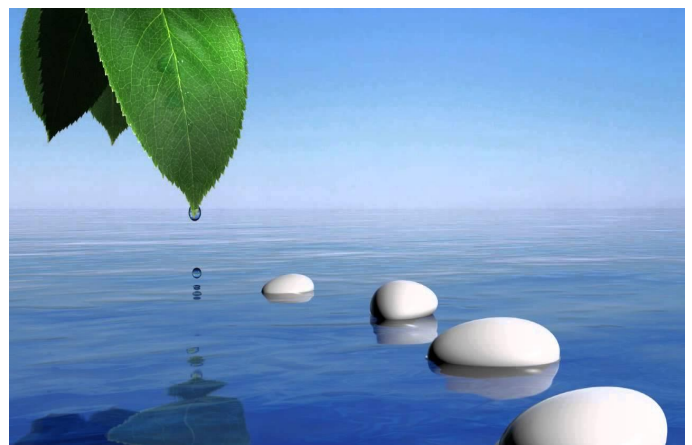
Calmness is actually the quality of the heart.

It is the heart, which communicates with the ephemeral sphere, and the body absorbs it. Words are controlled by the mind but only if the heart is trained to confine them within.

"When your mind is besieged by some inauspicious thoughts, you can bring the sunshine into your life by staying calm!" — Mehmet Murat ildan
Calmness can also be imbibed through constant meditation.

A calm person is often mistaken to be a weak personality but nobody can fathom the depth of his thoughts, which bring those tranquil moments.

It is only the calm mind, which can look forward to ethereal blessings, which eventually lead us to salvation. Do you have a calm mind? How do you achieve that blessed stage? Your opinion is greatly valued. Let's share it with one another.



“Take time to deliberate, but when the time for action comes, stop thinking and go in.”

Napoléon Bonaparte – French Military and Political Leader

Deliberate Gratitude

By Rev. Lana Charlton

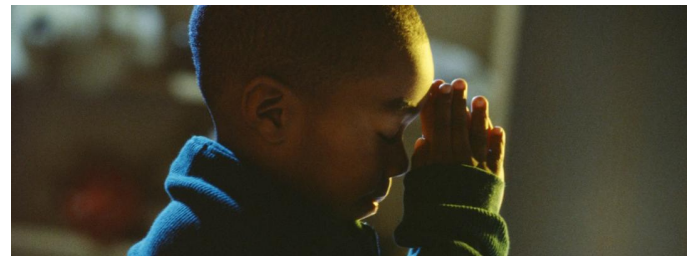
Deliberate is a powerful word when put into action. You can be deliberate in moving forward, stalling, even going backwards. Deliberate means intentional action. Using the power and practice of intention—with deliberation—creates a great full (grateful) life.

How deliberate is your awareness of the gifts that surround you every day? The Nigerian Hausa put it this way: Give thanks for a little and you will find a lot.

A power failure, even for a moment of time, gets your attention. There is a collective “Thank God” when the power is returned. Yet how long before you take it for granted again? Do you say “thank you” every time you turn on your electricity or have you already forgotten? Often we miss the gifts of our daily lives, until we are suddenly deprived of them. In fact many of us curse situations that turn out as blessings in disguise.

One day I realized that my intention to be present to the good in my life had lost its deliberateness. Instead of being free and liberated, I felt stuck. What was radically different in my life? Deliberate gratitude! “For to him who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away.” (Matthew 13:12 RSV) The very good right before my eyes had been “taken away” because I was focusing on “not having.”

“To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven,” poet Johannes A. Gaertner once wrote. Haven't you been told that heaven is in the midst of you? As you practice finding and seeing the good in life, you begin to live gratitude, and it becomes you. With practice your attitude will naturally see the marvel and wonder of life in you and around you. Your attitude will naturally move to gratitude because you now live it in the moment.



Author Merry Browne writes, “You know you're old when you've lost all your marvels.” The insightful comedian George Carlin said it best: “Life is not measured by the number of breaths we take, but by the moments that take our breath away.” When was the last time you were so awed with life and living that your breath was taken away?

Have you ever met a joyful person not filled with gratitude? Have you ever met a truly miserable person that was grateful? Have you ever tested speaking, acting, and living deliberate gratitude?

Join with me and millions of others who will refocus the lens of their daily life with great deliberation and intention to see how blessed we are. Challenge yourself and go deep. You just might find how rich you really are!

Rev. Lana Charlton is the senior minister at Unity Gateway Church, Coral Springs, Florida, and writes for numerous worldwide, national and local publications.

The Ecotourism Society of Seychelles [TESS]

P. O. Box 436,
Room 108, Orion Mall, Victoria.
Tel: (248) 2522778 / 4323347
Email: info@seytess.com,
marcmarengo@hotmail.com
Web: www.seytess.com

The journey continues...