

Self Discipline

Ascended Master, Serapis Bey's Weekly Message ~ April 05 – 12, 2013

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Your journey dear ones depends on your choices that have a close relationship with self-discipline. It is understood dear ones that Self-Discipline is a pattern of learned behaviour where you have chosen what you will do at any given time. Self-Discipline isn't just a requirement for developing more of your Self in a spiritual perspective, but adopting a disciplined attitude is required in many occupational settings. Self-Discipline is part of an Inner Power that encourages you to rise a little earlier to meet the sunrise you enjoy to meditate with, or what nudges you out of bed to improve your muscular health by doing a little exercise. It is the declaration of understanding of your willpower over your primary needs that is equal with your self-control. Adopting more Self-Discipline into your regime will also encourage you to hone your Inner Knowing or Intuition that will further increase your stamina to persevere during the hardest of trials.

When you choose to live a disciplined life, you will notice an increase of Inner Strength that will allow you to endure difficult challenges and hardships regardless if they are of mental, emotional or physical origin. Discipline provides you immediate satisfaction because of the effort and time you applied to bring forth the desired outcome. Discipline becomes a major part of your foundation when you make a conscious effort to strive to add this trait to your repertoire of personal skills. It can help you achieve a more successful and fulfilling life. When you become unswerving in doing what you know you need to when you need to you will achieve the goals that you have set out to reach even if that is meeting an important deadline, learning how to manage time better, multitasking, gaining longer meditation time; so many tasks that you do daily can benefit from the positive effects of including discipline into your routine.

Your Self-Esteem dear ones will exponentially rise from the constant efforts you have applied in all areas of your life. Every time you push yourself a little more to do something you know you are supposed to do, you become a Self-Esteem builder and you raise your own Love Vibration that is felt by all. You may recognize people that are around you from your spouse, children or even co-workers and fellow students will have a higher regard for your efforts because they will know just how much you have put into every detail. Every time you do something that is good and right, you are influencing others who are in your vicinity to do the same. Your disciplined efforts will ripple into others through the ministrations you have given to your own work and in how you choose to relate with others. We remind you dear ones, every time you add discipline into your work; your outcome will always be favourable.

Choosing to neglect the things you know you are required to do and some of things come with specific dates for completion will demonstrate a great lack of discipline. There will be no Self-Esteem building when you are not getting the needed work completed that other people may be depending on. Choosing a life that holds little to no discipline will not provide you with respect from those around you and most importantly deep down inside you, your selfish actions will begin to fester in you. Making a conscious decision to become more disciplined will become one of the most important life changing decisions you will make that will have a powerful influence on every area of your life and your spiritual journey will open up and blossom with dynamic vitality.

One of the first things you will learn to do when you choose to become more disciplined is committing to yourself you will be consistent with all things you know you must do and when they are to be completed. A requirement to your commitment is that you can no longer allow yourself to create colourful excuses to justify why you didn't finish something you had set out to complete. For the many dear souls that have difficulty with applying discipline let alone to making a commitment to be more consistent in applying great loving effort in all they do, it's important to begin with small steps. Make yourself a little to-do list of the things you know you need to do but sometimes get sent to the wayside.

If house cleaning is not your forte, then we suggest working on one room at a time. Regardless if you are adding more discipline to your home life, work place or spiritual journey we suggest you to begin with the parts you normally don't feel like doing. When you are doing something that makes you uncomfortable we remind you that you are growing and developing all the time and the best way to progress in all things is to expand beyond your comfort zones. It is only natural to find that fear has held you back in some areas and when fear is met we suggest you to persevere and keep going. You can only conquer your fear if you face it, never by running away from it. For some dear souls that are not already disciplined, this change can be very difficult but with patience and time the greatest rewards will be met.

If you recollect a previous time when you applied so much raw effort you will discover you will also remember the great achievement you met when you were completed. Your life has experienced many successes because you chose to create with a disciplined mind-set. Understand dear ones, by adding more discipline into your life you have chosen to bring more success and fulfillment as well. A little elbow grease never will hurt anyone when the outcome is so sweet. It is always best to exercise discipline in the middle of all you do; from work, family, spiritual development, and any social obligations you may have. We wish the disciplines of all areas of your journey deliver you from shallow living and into the Heart of God.

We encourage you to be an anchor for one another, support each other towards doing more good deeds that demonstrate the pureness of your heart. As a discipline master, you may invoke my presence when needed. Let it be known dear ones, I will not allow you to avoid certain truths or duties that are depended on by others. Through a good working collaboration, you will learn to pace yourself and see just how capable you truly are. We already know this truth, but you still need to accept it and believe it.

And so it is, I AM Ascended Master, Serapis Bey through Julie Miller