



## Humility

Humility dismisses nothing; rather, it takes even small things into consideration. It recognises that whatever life presents, needs to be respected. Small things are easily found in something big, but inside little things there is often greatness.

## Solving a Problem

Many times with good intention of solving a problem, you become a part of the problem. In order to accept the problem it is more practical firstly to remain silent and serene. It is not always necessary to understand causes but to find solutions. Observe and reflect in silence and then make a decision.

## **Aligning Your Action With Your Purpose (cont.)**

What our self or being wants and seeks at bottom is connected to living some values in an authentic way in all areas of life. What happens is that we have disconnected from our true, original and authentic spirituality, and we live the day-to-day routine from our defenses and our fears. So we do things only from a sense of duty and compulsive perfectionism, which weakens the imagination, sensitivity, spontaneity, and the pleasure of enjoying the path of human action.

We have to decide that we want to have time. The decision to have time for human tasks like playing, reading, thinking, reflecting, learning, meditating, innovating, having friends, loving, spending time with the family or simply being is essential in order to give meaning to life and to provide pure happiness, above the mundane (ordinary). It has to be facilitated on a practical level from the different degrees of power and management that each person has in life. Don't wait for someone to magically appear to make you happy. You have to know that nobody will come as if by magic to rescue you from your essential emptiness. It has to be you yourself who decides to live with a purpose and fill yourself in order to overcome your deficiencies and enjoy your life.

## **Soul Sustenance**

### **The Evolution Of Anger**

We become a little irritated when we are stuck in a traffic jam and we getting late to reach somewhere on time, or we are not going to complete a particular task, as per our expectations or if someone whom we very well know decides to ignore us today, for some reason or the other. If this seed of irritation is watered, or in other words it is given the concentrated energy of our attention i.e. we continue with the irritation for some time, it slowly grows or evolves into frustration. Unless we take some constructive inner action to stop the growth of the frustration and we keep energizing it, it will grow or evolve into

anger. And if this happens regularly and we are not careful, it will become a habit, a part of our personality, which we will finally come to believe is a natural part of your nature. We will even think we were born with it. That it is 'in our genes'. Every time we become angry we cause the production of certain chemicals in our body and we also become addicted to those chemicals – then we look for people and situations which will give us an excuse to get angry so that we can have our daily dose of chemicals. We not only become attached to material objects, people, ways of thinking, beliefs etc. - we also become attached to our emotions like the emotion of anger. The regular secretion of these chemicals will finally kill our body. We don't need to kill our body. We need to accept that anger is never ever productive, know that it is just not necessary to be angry with anyone or about anything, know that it is entirely our own creation and know that we can choose a different response. If we know and accept that, we will experience freedom from it.

### **Message for the day**

**When our vision is on our aim, we will continue to progress.**

Projection: Sometimes as we move along we suddenly stop. We no more find the progress that should be there in our life. At such times we don't really understand what the reason is. We do try to bring about changes but it doesn't always work and we find ourselves stagnating.

Solution: When on a journey, we are sure to come across many scenes that are beautiful or distracting. But when we know where we have to go we will never be distracted but will move on appreciating each scene that comes our way. In life too, when we are faced with a situation that is not in keeping with our aim we need to pay special attention not to get carried away with such side-scenes