



## Change

It is wiser to bend rather than to break. Those who change will get spiritual wisdom. Conversely, those who have wisdom will decide to change. Change is the first law of Nature.

## Unloading Your Pressure Baggage

On a spiritual level, pressure can be defined as an external force acting on us divided by our ability to bear the force or resist it. Thus, force and resistance capacity are two variants in the equation of pressure. Everyone has different resistance capacities. **Two people with different resistance capacities will experience different amounts of pressure on being subjected to the same magnitude of force. A feeling of pressure absorbs our freedom and gives us an experience of being ruled by an external entity.** There are a lot of people who hold the belief that they can experience freedom only in the absence of an external force, which is almost impossible, since there is almost some force or the other exerted on the soul by ups and downs that takes place in the role that it plays through the physical body; which includes the physical body itself; profession; family; wealth, all types of relationships, etc. Even our own personality, thoughts, feelings, emotions etc. exert pressure on us at times.

**Apart from the resistance capacity, the other variant in the equation of pressure is not only force but our perception of what the magnitude of the force is. This depends primarily on the beliefs that we carry.** Two people will perceive the same situation in their role (as explained above) as forces of different magnitudes. While we hold the belief that life events, people and their expectations from us, are the forces that are the causes of our pressure, we will be able to do little to change the habit of being pressurized. It is we who pressurize ourselves and allow the outside to pressurize us. We can either go through our life journey while experiencing feelings of being emotionally imprisoned, confused, rushed and hurried, or we can do the same with the power of faith and determination, at the same time remaining patient and maintaining our inner emotional stability. In some cases, some of us put pressure on ourselves, because we carry the belief that a bit of pressure is good in order to achieve what we want; it provides us with positive energy and motivates us. So this is an example of perceiving a force in our life, a force which does not exist. Such kind of pressure can deceive us and give us a feeling of being beneficial in the short term but it can have harmful effects on us in the long term. Some others might not experience this pressure because they do not carry this belief at all and don't invite this force.

(To be continued tomorrow...)

## Soul Sustenance

### The Art of Forgetting In Relationships

Sometimes, someone says something in two minutes that makes you feel really bad - they said it in two minutes but it is still there inside the register of your mind two months or even two years later. How could they! Who do they think they are! Something happened in two minutes and you remember it, you repeat it again in your mind and in your words during interactions with others. You keep replaying the scene repeatedly in your mind. Just like an action replay of a cricket match, you see the replays from different angles and judge the scene in many different and negative ways and come to different conclusions, most of which are negative in nature. With this you strengthen that experience in your mental register. Memories and the experiences associated with the memories replayed continuously in the conscious mind enter your sub-conscious, so that even after a long period of time you remember what they said to you. The other person unburdened themselves and forgot it straightaway.

It's like your neighbour who takes out rubbish, throws it outside his house, into your compound and forgets about it and you allow that rubbish to remain there, without thinking of getting it cleaned. Someone throws a few words at you and they forget, but not only do you not forget but you repeat them in your mind to such a point that at times these action replays do not even let you sleep. **We need to learn the art of forgetting memories that generate shadows of hurt or pain in our present.** The past has already gone and what you have now is the present moment.

## Message for the day

**The one who is powerful shows the practical proof of success instead of just talking about it.**

**Projection:** It is usually very easy for us to talk about how to do things best, it is as much easy to tell others and give directions. But the one who is powerful is not just satisfied with mere words or proving to others about his success. He is more concerned more about being successful.

**Solution:** We need to check if we are applying in our life what we are talking about. We need to see to it that whatever we speak about, we must put into practice. Only then will we find improvement and progress in our life. Then, there will be no more the need to talk about our success but our life will reveal how successful we are. We will, then, be an inspiration to many.

## Conscious Effort

As part of the daily routine, we do a lot of things, of which sometimes we find ourselves having to do something that we don't enjoy doing. Then we tend to force ourselves to do these things. In spite of all the effort, we really cannot find any benefit in it. And we constantly look for something else we enjoy. We need to make a conscious effort to pick out something that we like in the task at hand. Only when we begin to love the task will we be able to enjoy what we are doing and get the maximum benefit from it. This is how we can accumulate, both with the process of the task itself and from the result too.