



Norway

## Friends and Relatives

If my friends and relatives do not choose to accompany me on my spiritual path, why should I chase after them trying to get them to change? They won't listen to me anyway, no matter what I say. A better approach is to focus on my own change process. A river doesn't need to urge people into drinking its water. People are naturally drawn to it, provided its waters are pure, free flowing and sweet. In the same way become so attractive through your spiritual efforts that everyone will want to join you naturally.

## The After Effects Of Anger

If realized deeply, it's alright to conclude that anger destroys. If it doesn't destroy our physical body (that too it manages to do in the long term), it definitely destroys our capacity to be creative. And after all the very purpose of our life – is to be creative. So in short, anger deviates us from reaching our very purpose of life. **Anger is never every good for health – mental or physical; never ever positive or empowering and never ever allowable or justified.** Many authors of self development books, philosophers, psychologists and experts on the human nature have argued that anger is a natural, biological and psychological response which is an integral part of human *sanskara* and life. While this can be respected as a point of view, it is not at all true.

From a spiritual perspective, which means a view based on the absolute truth because the word spiritual means that which is the truth, anger is never ever natural or beneficial. While we are all used to getting angry, each one of us to different extents; on a little introspection, we will realize that **it drains us out and is counter-productive.** Anger is an absolutely unwanted emotion if we want to live a peaceful, contented and blissful life. **It totally destroys the ability to create meaningful and deep relationships based on trust and respect and brings the efficiency of our actions, performed at the workplace, at home or anywhere else, down.** If we believe in the necessity of anger, we need to stop for a while and reflect deeply and see if we can see how it is a huge obstacle to our own contentment and fulfillment, and how it negatively influences the contentment and fulfillment of those around us.

## **Eating together builds relationships.**

Life's so busy that it's just too tempting to have a quick bite on the go or at your desk in front of the computer screen.

At home or at work, make time to eat with other people (it may not be possible all the time but whenever you can).

It's a chance to catch up and connect. Make it a social occasion - its fun, as well as an effective break.

And when you are eating alone - enjoy your own company.

## **Message for the day**

**Fulfill your promise instead of just keeping it in a file and you'll find progress.**

**Checking:** In all that you do throughout the day, check to what extent you are able to fulfill the promises that you make to yourself. Also check the reason for not being able to fulfill some promise that you have made recently.

**Practice:** Think of that promise that you had made to yourself recently that you had not been able to fulfill and think of the reason why you had made that promise and how important it is for you to fulfill that promise. When you practice in this way you'll find yourself getting enthusiastic to fulfill that promise.