



### **Response**

If you can see and accept that you create your own stress according to how you are responding, you will then see that there is something you need to unlearn as well as learn. The old response needs to be unlearned, and a new response needs to be learned.

## Chatting with God

One of the best ways to remain light, even in the middle of chaos and heaviness, is to keep a conversation with God. Chatting with God, whose responsibilities are unlimited, about trivial matters that are wearing us down gives us a more entertaining view of life. It requires a certain stillness of mind to hear His advice, but with practice we learn to sense His perspective on our minor irritations. Since His mind radiates lightness and love, the very act of opening ourselves up to Him enables us to lighten our burdens.

### At Peace With Time (cont.)

To live at peace with time is to live it with peace, trust and determination. It is different to living it out of conflict and forcing things. **In order to live true freedom of being, we have to make friends with time and stop living stressed in time.** We have to **trust.** Trust that you will arrive on time, that you will do it on time and, if not, that a particular problem will be solved. Don't let time be a stress factor. When we live stressed because of time, we lose the best of life. We stop living what is essential and important, and we get lost in the details: I have to go here, I have to finish this, I have to call up someone, and endless amounts of 'I have to...s' that consume our mental energy and make us get lost in the details of the trivial (ordinary). As well, in hurrying, we lose quality. **You can do everything, but without losing what is essential; do it with love, with care, with interest, with enthusiasm, with motivation and with focus.** That way every small action that you take will have a greater impact, will be more fulfilling and will bear a more positive fruit.

## Soul Sustenance

### Improving the Quality of Different Areas of My Karmas (Part 3)

#### **Karmas performed for leisure or entertainment**

When someone says they don't have time for meditation or for their spiritual development, it generally reflects an unwillingness to face the self rather than an actual lack of time. The fact that average T.V. viewing time in many countries runs to more than 15 hours a week tells its own story. To the extent that I value my time, I value my life and make myself valuable. **Valuing my time, energy and money is very much a part of the whole karmic story of give and take: what they are used for, how well they are used, whether they are wasted and so on.** Difficulties with time, one's own bodily energy and finances are the fruits of past indifference or wastage of these resources (either in this birth or previous births). The world financial crisis is the karmic sum total of all such individual difficulties. Am I using all that I have in a worthwhile way? Am I just wasting it or am I using it for benefit for myself and for others? These questions, answered correctly, often spell the difference between success and failure.

#### **Message for the day**

**True service is to spread the light of happiness to all around.**

**Expression:** In any negative situation, the usual reaction is to feel disheartened and unhappy. With this reaction to the situation, the people around too are affected as the unhappiness spreads around. Focusing this way only on the problem creates such negativity that it doesn't inspire anyone to work for a solution.

**Experience:** Instead of spreading unhappiness in a difficult situation by seeing the negative aspect, we need to think of how to bring a solution. Even if we can't, we need to look at some positive aspect in it that will enable us to maintain our own positivity. When we keep ourselves happy in this way, we will be able to spread this happiness to others too.

