



## Obstacles

It is good that obstacles come, but the obstacles should not defeat you. Obstacles come to make you strong. Therefore instead of being afraid of obstacles, overcome them by considering them to an entertaining game. When you have the company of God there is no need to be afraid.

## Worry Confused With Concern (Part 1)

One of the most **incorrect beliefs** that we have acquired since childhood is that **to worry is to care, worrying is caring**. Our parents are the people whom we grow up with and are closest to in our childhood. As soon as we are born, in fact even before we are born, even when we are in our mother's womb, they start transmitting the energy of this belief through their thoughts and later on when we are physically present in front of them, through thoughts, words and actions; to us, which we catch, because we being a spiritual energy, not only transmit or radiate but also absorb energy. As we grow up, this false belief keeps reaching us from everyone on a subtle as level as physical level from whom we meet and are close to including our friends, siblings (brothers and sisters), spouse etc. and **slowly we start accepting this belief as being completely true and lead our lives according to it and even transmit the same to others**. That is why it is extremely difficult to find a single person today who does not live according to this belief or does not bring it into their daily lives to some extent or the other.

A very common example of the above belief which we all have gone through sometime or the other is when we are late by just a few minutes in coming back home from office. On reaching home, we are asked a thousand questions and by our family members, perhaps our parents or spouse or children about where we have been and why hadn't we bothered to call and also informed about another thousand negative assumptions they had made in that much time. Why? Because they had been worried for us. We are normally surprised with the fact they are worrying, because 9 out of 10 times we are late because of a not so serious reason, but our family members explain that we were worrying for you because we care for you. But worrying is not caring. **Worry is fear or anxiety and care is love or concern, they are two opposite emotions which can never exist together at the same time.**

**In tomorrow's message**, we shall demonstrate how on a subtle energy level, true love and concern is more beneficial than worry in coming out of negative situations, in which we find ourselves every now and then.

## Soul Sustenance

### The Three Root Causes Of Anger (Part 2)

**We are at a subtle war with another person when he/she has done something which we perceive or judge to be wrong and our anger is an attempt to change them or take revenge.** This is the second belief (we had mentioned the first one in yesterday's message) that is embedded very deeply in our consciousness that the world, including its entire people, should do exactly what we want them to, or what we think they should do. Perhaps we have not yet realized that it is impossible to control others and make them change. The lack of awareness and realization of this truth, which we will definitely realize at some point or the other, doesn't let us become anger-free very easily. People will always make their own decisions and control their own actions, always. They can definitely be influenced, but they cannot be controlled. **When our internal desire of a certain type of behavior from people is not fulfilled, or in other words something against the above belief happens, our instant reaction is one of resentment or irritation or frustration or hatred which are all forms of anger.**

One of the most important attributes of a great soul is the ability to not have even a trace of desire for revenge inside and the ability to forgive someone who has supposedly wronged him in anyway. Don't we all acknowledge that such an individual who has freed himself completely from all anger forms earns our and everyone else's respect and deepest admiration, and we give him the medal of greatness inside our minds and even physically? So doesn't that mean we intuitively know that this anger is an incorrect emotion and peace, good wishes and forgiveness are the correct ones, in harmony with the basic nature of the human spirit?

(To be continued tomorrow...)

## Message for the day

### Inner satisfaction brings creativity.

**Expression:** Quite often I find myself trying to keep pace with the things that I have always been doing. I seem to be caught up in the routine to the extent that I experience monotony. I then cannot think of any newness that I can bring in my life.

**Experience:** It is only with my inner satisfaction that can I bring creativity in my life. For this, while doing the routine jobs that I am involved in throughout the day, I need to make special effort to keep myself content with the things that are going on and also think of new ways of doing what I am already doing. Then I will never experience boredom in my life.

### Royalty of personality lies in cheerfulness.

A royal person maintains his royalty and poise in all circumstances. Cheerfulness in all situations is royalty. There might be situations challenging my state of self-respect and happiness. But I will continue to move forward with a sense of self-respect and positivity. Today I will remain seated on my seat of self-respect in all I do. I will order situations, my mind and my own sense organs whilst seated on this seat. I will not come down and get colored or affected by the negativity of the situation.