



The New Mantra 😊

hear no evil, see no evil, speak no evil, post no evil

The Influence of Gossip

I cannot afford to overlook the influence that other people have on me. To what extent do I check that I am not being influenced by gossip? Negativity in the mind is like poison. Negative thoughts are the seeds of negative actions. Gossip and guessing bring sorrow, heaviness and distrust. Hear no evil. See no evil. Speak no evil. Think no evil.

A Powerful Consciousness Of Faith In Critical Situations (Part 1)

Almost every single day in our present lives brings with it various ups and downs in **mind or *sanskaras*** (when our thoughts or *sanskaras* are not the way we would like them to be, in spite of us wanting them to be so), **body, wealth (or profession or role) and relationships**. There is not a single human soul existing in the entire world today that is experiencing a constant state of positivity in the four parameters mentioned above. All parameters are extremely changeable and every now and then seem to bring with them negative surprises. A very simple reason for this is today we stand at the far end of the eternal world cycle, when every human soul is in its last phase of its journey of birth and rebirth in this respective cycle, a journey in which it has committed many mistakes, especially in the latter part of the journey, as it has continued to lose its power and succumbed to negativity or the consciousness of the physical body.

So the problems from time to time in the four parameters mind, body, wealth and relationships are nothing but a reflection or mirror image of incorrect actions performed by each soul, especially in the latter part of this cycle. If we are expecting a time to come in the present time, when all these will be absolutely fine and they will always be positive, that will not be possible, not until this cycle reaches an end and we return back home to the soul world. Until we return, we will need to settle all our accounts of our past *karmas* or incorrect actions, by being faced with problems in these four parameters (not necessarily in all of them at the same time, but in one or more from time to time) and overcoming them with ease, positivity and power. **Instead of running away from this reality we need to accept it completely** and instead of looking at ways of keeping these parameters positive on a physical or superficial level only, which we will be able to do but only to some extent because there will be times when it will not be possible for us to change the negativity in these parameters, in spite of our deep efforts on a physical level. We should do it and we will be able to do it at times, but it will not be possible each time that these parameters will change for the better as much as we want and at the speed we desire.

(To be continued tomorrow...)

Slow and steady wins the race

The Way of the turtle is to be slow. Slow down to savour the small things in life, to stop and smell the roses.

Slow down to relax more and stress less. Slow down without procrastinating and you'll be more productive.

Remember, 'slow and steady wins the race'. So, keep pace with your inner turtle and it'll take you through to the finish line.

Message for the day

The one who has the power of truth is the one who can tolerate.

Thought to Ponder: When someone disbelieves me I usually tend to argue back and try to prove my point to the others but find that I am not able to convince them. Yet I find that the more I talk the less I am listened to. And I only end up getting frustrated.

Point to Practice: When someone challenges the truth of my words, I need to check within myself if there is something that I can correct or learn. When I learn to do this, instead of being stubborn with what I have to say or blaming others, I find it easy to tolerate.