



A Journey That Will Take Your Breath Away (Machu Picchu, Peru)

## Happiness

Happiness is not a destination, it's a journey. Happiness is not tomorrow, it is now. Happiness is not a dependency, it is a decision. Happiness is what you are, not what you have.

## Faith

Faith means that there isn't the slightest form of doubt in any situation or at times of obstacles. Situations have to change and they will continue to change. The supports that your faith has now will be removed, and even after that your foundation has to be strong. If your foundation is not strong, then supports are necessary. Therefore you need to maintain your peaceful, loveful state and your love and faith for God has to remain unshakeable.

## Overcoming the Subtle Desire for Revenge

Ask yourself very honestly how many times in your life did you feel joy, even a slight trace of it, when something negative happened with someone who had harmed you or hurt you or insulted you in any way in the past - either in the immediate or distant (far-away) past. When this kind of joy, which is an impure form of joy, is seen inside you, even if it is at your extremely subtle thought level (if not in your words or actions), you need to remember that this is nothing but a feeling of 'subtle revenge', even if physically you haven't got back at any point of time at the person who has harmed you, when he did so. It may not sound very nice, but this kind of joy is enjoying the pain of others and is obviously an extremely low grade form of joy. Sometimes, as a way of justifying our 'joyful revenge', we call it 'justice'.

**The driving energy or fuel behind this kind of revenge is hatred or anger.** It is a feeling of: "I really enjoyed it when 'when what they had done to me came to them' - I was so happy to see them suffer for what they had done, this is their punishment ... tit for tat." **It is a type of joy that only increases our accounts of negative karmas with the other person, which as a result, increases our sorrow, instead of decreasing it, although it may give us an impression for a while that it is decreasing our sorrow.** This kind of joy will only cause the radiation of a negative form of energy to the other person, which will not only give pain to the other person, but will also cause the radiation of the negative energy of hatred from the other person to us that will never bring us long term joy. Imagine someone meeting with an accident on the road and in a lot of pain and instead of helping that person immediately we smile at that person happy with what has happened to him or her. What energy will such a person send us in return? This example is on a physical level, but the same principle applies on a subtle level. So the next time something like this happens in our life, we need to remind ourselves only if we don't have the slightest trace of joy inside us that we can safely say that we are free from any desire for revenge, even though it may be very subtle.

## Soul Sustenance

### Anger Management

Keep a daily chart for one week for the questions below, the answers to which will help you manage emotions of anger, irritation, frustration, etc. more effectively. Review your progress at the end of each day and then at the end of one week. Having made your observations, make improvements for the next week. Keeping this chart for a month, will help you manage and overcome your anger much better.

1. During which event today did you get angry or irritated...even a little?
2. What was the type of your thoughts at that time?
3. Which negative thought/thoughts contributed to your stress the most?
4. What positive thoughts helped you to regain your calmness and composure?
5. How long did it take to regain your calmness?
6. Why did it take so long to regain your peace?
7. What would you do differently and more appropriately if the same scene happened tomorrow?

### Message for the day

**The practice of positivity enables us to be stable under all circumstances.**

**Projection:** Usually we find ourselves reacting negatively to situations. At such times we want to maintain a positive attitude but are not able to. We then work hard and think of ways to change the negative situation to a positive one. A lot of time and effort goes into it and we tend to feel tired.

**Solution:** The solution lies in maintaining our own positivity rather than trying to change negative into positive. When we have a long time of practice of working with our inner positivity we will be able to be positive even in the most negative situation. Then we will be saved the effort of having to work at transforming our negativity.

