



### **Acceptance**

Acceptance gives me the experience of being like an angel: never judging, never criticizing and never worrying.

## Focus on your own part

Despite appearances, people may be doing the best they can. Think that no one is to blame, and humility in your attitude will enable everyone to move forward. Judge whether your thoughts, words and actions are beneficial to the scene in which you find yourself. Focusing on your own part is more useful than passing judgment on others.

## Returning To the Inner Seat of Mental Comfort and Peace

At the end of a busy and hurry filled and many a times even peaceless day at office, everyone goes home, to do what? Even a housewife, who has had a busy day in the kitchen and with the children, will yearn to do what at the end of the day? Sit, lie down, relax and experience peace. **Just as each one of us returns home or to the comfort of the bedroom at the end of each day; each time we experience any of the various forms of anger in our words or actions or even in our thoughts, sooner or later, we will try to return to what we instinctively and intuitively know is the truth, what is right and good, to the inner seat of our own mental comfort and peace, which is our original and basic sanskara, peacelessness being an acquired one.** It's as if we know when we are set on this seat that we have access to our inner power. It's as if we know that we can only be comfortable, powerful, blissful and content when we are first peaceful.

Sitting on this seat also provides us with the ability and the power to influence others. A proof of the fact is that all of us have, sometime or the other, known someone who lived their life peacefully but assertively (not weakly or timidly). They expressed themselves peacefully and interacted with others free of any traces of anger in their personality, and they stayed, more or less, positively peaceful and peacefully positive. We remember that person for much longer than the one who is always finding an excuse to use the weapon of anger when things or people do not go his way or get things or people to be as he would want. **The peaceful nature of another makes a deeper and more lasting impression on our hearts than the angry nature of another.** And when we are in the presence of such a peaceful person, we always allow them into our lives much more and for longer periods of time. In the same way, when we function from our inner seat of mental peace, we are able to influence others and make a lasting impression on others much more.

## Soul Sustenance

### The Relationship Between Anger And Attachment

Most of us logically understand that all forms of anger are worthless emotions, but when we enter into the field of practical actions, we tend to argue that there are some situations where the weapon of anger has to be used and where it is justified or allowable. When someone tries to harm me personally, like giving sorrow to a friend or loved one, send a complaint about my work to the higher ups in the office or simply insult me or bang into my car at the street crossing for that matter, it would seem that our anger is justified, on such occasions. But the basic principle is the same in all these cases. **We are, in our own mind, trying to control and change what we cannot change - the past or other people or events.**

**In all the above cases above we suffer a lot when these things that are close to us are changed or lost. So why does that happen? It is because we keep all these things 'too' close to us or in other words we are 'over attached' to them.** When someone tries to bring me down at the workplace, or in other words tries to harm my position in the office and I suffer because of the same, it is because I identify with my role in the office, I think I am the role. When someone bangs into my car, the emotion of anger emerges inside me, because I identify with the car, I think I am the car! This is the deepest mistake. It is the deepest cause of the negative suffering called anger. We are not aware of this of course, but if we were to take a moment and see what we do in our minds, we would see we emerge the image of our role or our car on the screen of our mind. We have then gone into that image in our mind, and we have lost our spiritual identity or individuality in that image. In effect we have identified completely with the role or the car or are too attached to them. So if the role or the car is harmed in any way, it feels like it is happening to us and, as a result, we become disturbed or angry.

(To be continued tomorrow...)

## Message for the day

**To recognise the uniqueness of one's own role is to be free from negativity.**

**Projection:** When we find things going wrong with us, we sometimes wish for a change in our role. We begin to compare ourselves with others or wish for something better in our life, which makes us lose all our enthusiasm. We then make no effort to better our role.

**Solution:** We need to recognise the importance of our own role. Like an actor who doesn't make effort to change his role but brings perfection to his own role, we, too, need to concentrate on our own role. The recognition of the importance of our own role and the desire to bring excellence to it makes us free from negativity.