



## Getting on with it

Worrying about how everything will get done or whether I am capable of doing it limits my ability to respond to challenges. The less I think about doing something and the more I just get on with it the better. Good planning is always helpful, but time spent fretting and procrastinating drains my energy.

## Understanding

It is vital for us all to make space for inner peace, and that a key step to this is valuing our TIME. Others can only benefit from our time if we learn the value of it ourselves. In our quick-fix society it is all too easy to reach for a glass of wine or some other substance to make us feel chilled out, but changing the way we think is the only true solution to finding peace. Sometimes the mind can become unbalanced and you can develop bad habits such as taking drugs. But if you have understanding you can always bring about change.

## The Evolution Of Anger

We become a little irritated when we are stuck in a traffic jam and we getting late to reach somewhere on time, or we are not going to complete a particular task, as per our expectations or if someone whom we very well know decides to ignore us today, for some reason or the other. If this seed of irritation is watered, or in other words it is given the concentrated energy of our attention i.e. we continue with the irritation for some time, it slowly grows or evolves into frustration. Unless we take some constructive inner action to stop the growth of the frustration and we keep energizing it, it will grow or evolve into anger. And if this happens regularly and we are not careful, it will become a habit, a part of our personality, which we will finally come to believe is a natural part of your nature. We will even think we were born with it. That it is 'in our genes'. Every time we become angry we cause the production of certain chemicals in our body and we also become addicted to those chemicals - then we look for people and situations which will give us an excuse to get angry so that we can have our daily dose of chemicals. We not only become attached to material objects, people, ways of thinking, beliefs etc. - we also become attached to our emotions like the emotion of anger. The regular secretion of these chemicals will finally kill our body. We don't need to kill our body. We need to accept that anger is never ever productive, know that it is just not necessary to be angry with anyone or about anything, know that it is entirely our own creation and know that we can choose a different response. If we know and accept that, we will experience freedom from it.

## Soul Sustenance

### Understanding the Inner Mechanism of Anger

If we think, speak and act in an angry way, we leave an impression or memory of anger within our own consciousness which results in sanskara of anger to be born. Within the sanskara is the recorded emotion and experience of our expression towards the object of our anger. The object is a particular person or situation. If we encounter the object of our anger the next day, it will trigger the emergence the recorded anger from within the sanskara. We then deepen the sanskara as we express more anger, even if we only 'think' anger. The emergence of this emotional energy from within our consciousness then stops us from interacting in a positive way. It clouds our mind and confuses our intellect, weakening and distorting our thoughts, decisions and behaviour. This often explains why we find it harder to connect and communicate with certain people in our life. Essentially we are carrying a negative image of the other person within our sanskara from a previous interaction with them. And when we see them again it emerges the energy within the sanskara, which then influences our ability to respond to them.

### Message for the day

#### True detachment is to be a master of all things that we use.

**Projection:** Detachment is usually mistaken as being away from things because usually while using the facilities available we tend to get dependent on them. Such dependency is troublesome and so we sometimes give up using these facilities thinking that this is detachment which helps us to be free from their control.

**Solution:** The solution lies in mentally detaching ourselves from the facilities we are using. That means we use them but we are not dependent on them. For this we need to remind ourselves that we are the creator and whatever facilities are available to us are the creation. This enables us to develop mastery and control over everything.

