



## **Detachment**

Detachment is being close to what you most want to be free from  
and using it to make you grow.

## Patience

Patience is a virtue and a power too. Patience tells us that the journey of a thousand miles begins with a single step and that we get over there one step at a time. Patience teaches us not to rush. Knowing that there is a reason and a season for everything it enables us to smile at the challenges, realizing that there is an answer to every problem. And, even though we cannot see it, yet there is awareness that within every crisis lies an opportunity.

## The Art Of Forgetting In Relationships

Sometimes, someone says something in two minutes that makes you feel really bad - they said it in two minutes but it is still there inside the register of your mind two months or even two years later. How could they! Who do they think they are! Something happened in two minutes and you remember it, you repeat it again in your mind and in your words during interactions with others. You keep replaying the scene repeatedly in your mind. Just like an action replay of a cricket match, you see the replays from different angles and judge the scene in many different and negative ways and come to different conclusions, most of which are negative in nature. With this you strengthen that experience in your mental register. Memories and the experiences associated with the memories replayed continuously in the conscious mind enter your sub-conscious, so that even after a long period of time you remember what they said to you. The other person unburdened themselves and forgot it straightaway.

It's like your neighbour who takes out rubbish, throws it outside his house, into your compound and forgets about it and you allow that rubbish to remain there, without thinking of getting it cleaned. Someone throws a few words at you and they forget, but not only do you not forget but you repeat them in your mind to such a point that at times these action replays do not even let you sleep. **We need to learn the art of forgetting memories that generate shadows of hurt or pain in our present.** The past has already gone and what you have now is the present moment.

## Soul Sustenance

### Meditation For Personality Transformation (Part 2)

Decide on a habit that you want to change e.g. impatience. We will focus this meditation on changing impatience. You can apply it to other habits also:

I relax and prepare to look inwards...

I am aware of the unwanted habit of becoming impatient...

As I sit in meditation, I relax my body.

I become the observer of my own thoughts and feelings...

Realizing my true identity as soul – a subtle point of light situated at the center of my forehead, just above my eyebrows, I remember my real nature is one of calmness, peace and power...

I focus on the power of peace, inviting it in and welcoming it into my thoughts and feelings from deep within.... enjoying the calm contentment which it brings...

On the screen of my mind, I begin to visualize patience...

I see myself in a situation where I normally become impatient...

I now see myself as being completely full with the virtue of patience...

I shape my feelings around the idea and image of patience.... unhurried and relaxed... calm and watchful...

If necessary, I can wait... forever.... with patience

I am free of the desire for certain outcomes...

I see how I respond with patience...

I see the effect of my patience in others within the situation...

I now know how I will speak with patience, walk with patience and act patiently in the real life situations...

I maintain this peace, which generates serenity and patience in me...

## Message for the day

### To pay attention to every act is to be a hero.

**Expression:** A hero actor is one who has great attention for every act of his. He makes sure that none of his words or actions are ordinary or waste. He ensures perfection in everything he does. This naturally brings the best out of him.

**Experience:** Since I pay constant attention to everything I do, I find that I am able to give my best. I am then satisfied with whatever is happening since I know what I do is not as important as how well I do it.