



Iceberg of Conflict

Conflicts are like icebergs. What you see or understand is only a portion of what's really happening.

So, take time to explore your iceberg of conflict.
Look below the words and actions that fueled the conflict.

Uncover your emotions, unrealistic expectations, preconceived preconceptions and everything else that lies beneath the surface.

Sort out what's going on inside before you sort things out externally to resolve the conflict.

Flexibility

When I plan perfectly for the day ahead, I sometimes find that I am not able to implement all that I had planned for. Things seem to be coming up unexpectedly spoiling everything for me. I am then not able to be happy with what is happening and so find it difficult to do my best or what is required for me to do. It is as important to be flexible in my thoughts as it is to be particular about my daily schedule. Flexibility allows me to accommodate the unforeseen situations that come up my way and enables me to make the best use of everything. And so I enjoy everything that comes my way.

Neutralizing Anger

What is a good neutralizer for anger? Peace you would say. It's not only peace, but a combination of **truth**, **peace** and **love**, in equal amounts. Truth and peace are the two inner states, which never ever leave us. Both remain permanently within each one of us. We already know, inside our subconscious and sometimes even consciously, the **truth** about anger and we can call our inner **peace** whenever we want - it's there to be used. But what happens in real life situations is that we lose awareness of what is true i.e. the truth that anger is harmful and the truth of 'who I am'. And we also forget the practice of peacefulness because some negative situation or experience temporarily blocks our access to the peace of our heart.

Peace is also deeply connected with love and we all have experienced many a times that it is impossible to feel loving and angry at the same time. Both cannot co-exist. In fact it is **love** that is the healing balm for our heart, that we our self have stabbed and wounded by indulging in many anger habits since we were young. But what happens is that we search for love and peace from the hearts of others. That means we have not yet realized that we already have what we search for, within our own hearts. To heal the wounds of anger, which can be in different forms like irritation, resentment, hatred, revenge, rage, etc., it is essential to rediscover the **truth** of who we are and the **peace** and **love** of what we are.

Soul Sustenance

Various Synonyms (Meanings) Of Peace

Peace has a number of synonyms, which all have slightly different shades of meaning:

Serenity

The feeling of contentment and being completely full with no need for further additions to the self; a feeling of satisfaction, of wholeness of the self.

Calmness

There are no disturbances or waves in the mind, like a pool of water that is clear and still with not even a ripple to disturb it.

Tranquility

Tranquility is the state of harmony in nature and in ourselves that keeps everything in balance naturally.

Quietness

In this state, there are no sounds of uncontrolled thoughts jumping around like a monkey in the mind; our thoughts become essenceful, returning to the point, with no expansion; it is an economy of thinking that creates quietness.

Stillness

There is no movement of thoughts. I remain absorbed in one thought and, in the stillness of silence, I am at rest, with a feeling of complete detachment from everything.

Peace has the meaning of harmony, balance, order and freedom: when we are free from waste and negativity, then we exist fully serene, fully at peace with everything. Peace is my original energy and treasure and with the practice of meditation I step inside and experience it.

Message for the day

Concentration develops when the intellect is clean and clear.

Expression: For the one whose intellect continues to wander, concentration becomes difficult or impossible. On the other hand, for the one who is focused on one thing there are no other distractions at that time and there is easy concentration.

Experience: When I am able to remain focused, I am not troubled by distractions which lessen my concentration. Instead I am able to increase my discrimination power and am able to decide and judge well. This happens because my intellect becomes clean and gets cleared of waste.