



Chiang Rai Temple, Thailand.

## **Humility**

Humility accepts what's there. Sometimes there is a lot available and sometimes only a little. It doesn't matter. In humility there is the trust that everything will come anyway, at the right time.

## **Negative Reactions To Negative Actions**

We very commonly react negatively with anger to another person's anger filled words or actions, which we perceive to be unjustified or unreasonable. But **this kind of action on our part, which we feel is our right and is a justified reaction or response, only adds to the negative energy already existing inside a particular situation, increasing the energy and making the situation even more complicated and difficult to resolve.**

Two negatives never make a positive, they make a higher negative, to which a very high positive has to be added (as compared to before) to bring the situation back to neutral or normal. Also, when you react, you are doing exactly what you believe the other person, the attacker, is doing - injuring someone on an emotional level, which is a form of subtle violence.

Lastly and very importantly, **the other person's negative and impulsive behavior, directed at you, portrays that at that particular moment he/she is experiencing an emptiness or void of wisdom, joy, peace, love and power, a void which he/she believes you have created and can only be re-filled by you.**

The anger filled action is a desire directed towards you, for this filling up. Hidden behind his/her anger is the feeling, "Because of this person, I have lost my happiness at this particular moment and he/she should give it back to me immediately", which means that the other person is lacking the realization that no other person is ever responsible for your happiness. You are, always.

Instead of switching on the awareness of this spiritual fact and emerging the value of forgiveness inside yourself, forgiveness because the other person is lacking this wisdom at that moment of time, you react, which makes you similar to him possessing a similar belief, something which you will definitely not appreciate too much.

But, what happens is that the emotional storm inside you at that moment hides your ability to see how you are yourself injuring your spiritual heart. While you are in that emotional state, there is no way you can heal the wounds of the other's heart i.e. correct the other person.

## Mindfulness

Mindfulness means developing the habit of stepping back and observing your thoughts, consciously directing your mind inward. Just pay attention and take note. Isolate any destructive words and phrases. It's especially beneficial when your mind and body are relaxed, then you can simply watch the thoughts floating in and out of your head and quietly replace any that are not contributing to your welfare.

## Soul Sustenance

### Living Life On The Surface

In an ideal situation, the thoughts that run in my mind, should be exactly those that I would like and I want. We do exert this control, that we possess, over our thoughts, but it is not complete and it is only sometimes. **The more we become completely engrossed in our daily routine, the more our thoughts tend to become 'reactions' to what goes on outside us.** That's when they go out of control and our lives move in an unfocused way. As a result things don't work out as we might have desired. Then we develop a habit of blaming other people and circumstances, or we justify our pain by telling ourselves we are not very worthy or powerful enough. Often, these two inner strategies go together. The trouble is, both are cover ups, preventing us from going for a long-term solution.

In this way, we tend to live our lives on a very superficial level, without taking the time to find the solution to what is going on wrong inside. Deeper difficulties remain hidden inside. I move from one scene of life to another - eating, watching television, studying in college, getting married, changing jobs, buying a new car or house, etc. without ever stopping. **All these are part of living, but if I make them my whole and sole, my foundation, it's as if I skate across the surface of life without being in touch with the core.** As time progresses, an inner shallowness develops. Then the feeling keeps growing inside that 'there must be more to life than this'. I then, find that my relationships are not working out as I would have hoped and they are lacking in depth.

## Message for the day

**Every reaction to situations is a reflection of one's own self-respect.**

**Expression:** To the extent that there is a high degree of self-respect, to that extent there is a positive response to even the most negative situations. If there is low self-respect, even the smallest situation brings forth a strong negative reaction. This reaction only makes matters worse.

**Experience:** When I am able to maintain my own self-respect even in the worst situation, I am able to have a hold, control over these situations. But if I have a low self-respect I continue to blame situations and use them as excuses to feel helpless. So I am not able to do anything about these situations and just continue to have negative feelings.