



Happiness

There is no nourishment like happiness - it's an elixir. There is no sickness like sorrow - it's a poison. The experience of true happiness cures the sickness of sorrow. A cheerful face goes a long way towards making everything better!

Detachment

When there is the ability to be in the present, there is the ability to look at both the past and the future with detachment. This detachment brings about the best response to situations. One is not caught up (or coloured) with the events of the past, but is able to give the best to the present situation. When I am detached, I am able to take the learning from the past happenings and move forward towards the future. So I am naturally able to make the best use of this moment. I don't lose out to the challenges of the present and am able to experience constant victory.

Symptoms Of Stress

When we feel stressed we experience certain physiological (related to the body) and psychological (related to the mind) symptoms, whose importance we may not fully understand. These are normal signs that we should re-check our priorities - our body, or our state of mind, is telling us that something in our lives needs to change. Listed here are some of the common signs:

- 1. Loneliness** - We may feel isolated (lonely) from friends and family, or experience a lasting sense of being lonely in a crowd.
- 2. Insecurity** - We may suddenly feel shy or exposed around people with whom we are usually filled with confidence. Or we may believe that we are always being judged or criticized.
- 3. Loss of concentration and memory** - We may find it hard to recall recent conversations or promises. We may often feel confused, so that understanding and remembering information could also be very difficult.
- 4. Fatigue and sleeping difficulties** - Although we may feel constantly tired, we could also find it impossible to get to sleep.
- 5. Tears and mood swings** - One of the most common symptoms is that we cry easily. We may also experience mood swings - joyousness followed by sadness or vice versa.

(To be continued tomorrow ...)

Soul Sustenance

Resolving Conflicts in Relationships (Part 2)

During a conflict, it is good to realize that the **energy that you put into the conflict will possibly be the quality of energy that you will receive in return**. This is the **law of reciprocity (cause and effect)**. On a subtle level, we radiate according to our attitude, and on a physical level, we radiate according to our behavior. What we transmit on a subtle or/and physical level will return to us in a similar way; unless the 'other' is wiser and decides not to give us back the same negative energy, but rather to treat us in exchange with a positive attitude and pro-active behavior. That way, that person won't bring about a dependence inside us, but rather they will help us to free ourselves of our own negativity.

Often, **conflict between two people happens because we do not get the result in a relationship that we want**; we are stuck to getting a specific result and we allow our happiness to depend on getting it. On not getting it, we use a wrong method; we generate a conflict, we feel ourselves to be victims, we blame the other, we project our pain onto them; all of this under the belief that others - the other - is who makes us happy or unhappy. This is a false belief. When your happiness depends on your expectations being fulfilled, it is difficult to be happy in a constant way. Often expectations are disguised desires, and where there are desires there is fear - the fear of not getting what you want. When you don't get it you get unhappy and, in so doing, you keep happiness away from you. It is good to set yourself goals of peaceful relationships, but if they are not fulfilled or if these goals take time to achieve, don't lose your sense of wellbeing. Your happiness is a much more valuable treasure than the external achievement of your expectations and of those that others have of you.

Message for the day

Problem solving is to work at the roots of a problem.

Expression: When a problem comes up we usually try to work at removing the problem at hand by trying various methods based on the understanding we have. We don't go deep into the actual cause of the problem and so find it repeating again and again. Unless we understand the root cause of the problem we will not be able to get rid of it fully.

Experience: The trick to problem solving is to go to the root, i.e. to find the actual cause. When we find and work at removing the actual cause of the problem we will never find it repeating. For example, if the actual problem might be inability to finish everything in time, the cause behind might not be lack of sufficient time, but my own carelessness.