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## **Complete Everything**

A task left undone remains undone in two places -at the actual location of the task, and inside your head. Incomplete tasks in your head consume the energy of your attention as they gnaw at your conscience. They siphon off a little more of your personal power every time you delay. No need to be a perfectionist, that's debilitating in an imperfect world, but it's good to be a 'completionist'. If you start it, finish it...or forget it. Do it - or dump it!

[relax7](#)

## Expectations

It is very natural to help someone when we see them in need. At that time we don't expect anything from them and continue to extend help. But when we need help or support we begin to expect from those whom we had helped and if they don't, our feelings are hurt. At the time that we are providing help, we need to consciously remind ourselves not to have expectations. Again when we need help and find ourselves expecting from others, we need to explain to ourselves that whatever help we have given will surely come back to us at the right time. The seed that we have sown will not be wasted away but will surely bear fruit.

## 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

### Principles for the Body To Make Early Morning Meditation Successful (cont.)

- Freshen the self before morning meditation, with a shower or a hot drink. Avoid speaking before the meditation.
- Sit with an upright posture, away from the walls or comfortable chairs. If the body is ill, awaken but sit comfortably, and do not force the self.
- Have a good circulation of fresh air.
- Subtle lighting creates an atmosphere of meditation. If it is too dark it will lead to sleepiness; if it is too light there will be eye-strain.
- Burn incense sticks ("agarbattis"), only if it doesn't irritate your and others' eyes and throats.

## Message for the day

### Our words are effective only when we combine them with pure thoughts and inspirational actions.

**Projection:** As soon as we find someone's mistake it is natural for us to give correction through our words. We tend to explain to others using a lot of words. Yet we find that in spite of saying the right thing we are not being listened to and our words are just wasted away. We don't understand at such times where the problem lies.

**Solution:** To enable our corrections to others to be effective, we have to combine our thoughts, words and actions. There need to be good wishes in our thoughts which also brings sweetness in our words. We also need to take care that we are putting into action all that we are talking. When we do this we will find that our words are really effective.