



Adam Cooper in Singin' in the Rain at the Palace Theatre

Don't Worry, Be Happy

When we worry, we make problems bigger than they really are. Don't worry. Be happy.

Did you know that singing improves your mood? So, sing, sing, sing your worries away.

Accept whatever you have no control over.

Prepare whatever you can. Keep the thought: at the right time, the right things will happen.

Performing A Spiritual Audit At The End Of The Day (cont.)

Yesterday we had explained how self evaluation at the end of the day is extremely vital to one's progress and development. A useful exercise in this regard is keeping a daily chart for **about 3 personality traits or points** and filling it up every night (lesser than 3 is also fine, but not more , because then you might feel lazy in keeping the chart after a few days and also you might lose focus and the personality traits may not transform as much as you want). You could either evaluate yourself with a yes or no or perform a percentage wise evaluation like 50% or 90% for e.g. We have mentioned below, some of the common traits from which you could select the traits to keep a daily chart for. You could incorporate some other specific traits (not mentioned in this list), which you want to change or develop, depending on your personality:

In the entire day, today; not only in my words and actions, but also in my thoughts:

- * Did I see everyone's specialties and keep good wishes for each one, in spite of obvious weaknesses being visible?
- * Did I remain free from all forms of anger, like irritation, frustration, grudge, revenge, etc.?
- * Did I ensure that I neither give nor take sorrow, hurt, pain from anyone?
- * Did I remain free from waste and negative?
- * Did I remain ego less?
- * Did I remain untouched by name, fame, praise, insult?
- * Did I remain stable?
- * Did I remain free from judgments, criticism, jealousy, comparison, hatred, etc.?
- * Did I keep a conscious of serving each one whom I met?
- * Did I bring the 8 main powers into practice and experience being powerful?
- * Did I remain in self-respect and give respect to everyone?
- * Did I practice being soul-conscious in actions and interactions?
- * Did I take a one minute break every hour to reflect, meditate and control the traffic of thoughts in the mind?

Yog

The crux of communication is wastage. In writing, the search for expression, the sensitivity to its reception, the pressure of time, drains away the energy of thought at its conception. When it arrives, it is diluted (or exaggerated); it may come late or the reader is busy. "Might" is read as "won't", sorry for "can't", "love" for "much love". In speech, instead of doing, doing is spoken of, and the gap between the two takes action away until instead "love" means "leave me alone"; "thanks" means "hurry up"; silence means "I'm tired" or "busy". Moments when speech meets action; and both spring out of a single thought into clear expression are rare. There are gaps of darkness; semi-openness; semi-honesty. Funny people convey truth in humour and serious people seek out quality in their friendship.

A day will come when what you think, do and say, will all be equal expressions of one force. And the force will be you. Not a mixture of conscience and impulse, duty and desire. Just you. You will just live. And what you are living will be part of the river that will run through everyone. The landscape of your mind will be unique, but the water will be the same and it will be clean.

What will words be then? Words will explain things that would take too long to show, like how to climb a mountain. Words will represent things. Words will be destinations, not journeys. They will be like palaces not tents. There would be no point in decorating a tent because it is always being moved. But a palace is fixed, traditional, rich. There will be no irony, sarcasm, no ambiguity for these destroy value. Instead words will be filled with depth, age, and above all resonance, because they will be places of meeting and enjoyment, free from ego of debate or discussion. You cannot learn to communicate like that from a human being. For a human is filled with the past and every word spoken is weighted by that. Love felt deeply has desire in it somewhere. You have to learn it from God. It is called yog.

Soul Sustenance

Simple Exercise To Identify Your Hidden Fears

If you want to overcome and overpower fears that exist inside you, you have to first take a look at your feelings and hidden emotions. After realizing your feelings and emotions, you have to know how to manage them and finally correct or overcome them. Given below is a simple exercise that will help you to achieve that. This exercise will help you identify the conscious and sometimes sub-conscious (very subtle) fears that lie inside you. Choose an area of your life that you feel is negative and needs some improvement. Now, ask yourself these three questions:

1. What do I really want, what is my aim and objective?
2. What obstacle/obstacles are stopping me from achieving my objectives?
3. What prevents me from dealing with or overcoming that obstacle?

For each fear that comes to you in response to the question no. 3, ask yourself the following questions:

- A. What is the worst that can happen, if what I fear occurs?
- B. What is the best possible result for me and for others, if I do it even though I feel afraid of doing it?
- C. Keeping in front of you the answer to question B and comparing it with the answer to question A will inspire you to overcome the fears that lie inside you.

Message for the day

To forgive the self is to have the ability to forgive others too.

Projection: I sometimes find it very difficult to forgive the mistakes committed by others. I do try to understand but am not able to understand the other person's behaviour and so find it difficult to forgive them.

Solution: When I have love for myself and am able to learn from all that happens, I am able to forgive myself. When I know to do this, I can understand the other person too from his perspective and can easily forgive him.