



## Too Many Words

In meetings or in conversations, in emails or other written communications, we often use 100 words when 10 would suffice.

Too many words can dilute the message and result in confusion and non-productivity.

There is a time and place for using many words, but at other times, try getting your point across with fewer words.

Make your communication concise, clear and to the point.

## Mastering Situations

The usual response to negative stimuli in the environment is to react negatively. The impact of such stimuli on the sense organs is negative, which brings out negative behavior too. The one who is able to spend a few moments in silence before responding to situations is to be a master who is free from negativity. When I am a master I am able to remain stable in all situations. I have the practice of calming my mind and looking at the situation in the right perspective. My mind grows strong in its commitment to peace and truth in action. I don't allow the sense organs work according to the previous conditioning. Instead I consciously monitor, giving them right direction.

### 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.

## Soul Sustenance

### What Is And What Is Not Real Happiness?

Real happiness is not an external stimulation by watching an action movie or eating out or buying a new dress; it is not the result of acquiring something – whether it be a new car or a position, or of receiving some good news. True happiness is not relief from suffering – whether from an illness or a difficult situation, nor is it the achievement of a goal – whether personal or professional. All these are externally dependent, where happiness is confused with **stimulation, excitement, achievement, acquisition or relief. Happiness is not all of these.** You also know that happiness is not a future promise. It can only be experienced now.

So what is spiritual happiness - perhaps a better way to describe **spiritual happiness is contentment.** This comes from a complete **awareness** and **acceptance of the self** as we are now at an internal level, and an acceptance of **what is** at an external level. Sounds difficult? The highest happiness is bliss which can be experienced only when the soul/self is totally free of all attachment and dependency. Sounds even more difficult? But this is **a spiritual understanding and definition of happiness,** which is not difficult to accept and make a part of our life, once there is a deep **understanding** and **absorption** of spiritual knowledge, but spiritual knowledge which is accurate and complete in all aspects. Spiritual happiness is a direct result of spiritual knowledge. Without complete knowledge of the self, one cannot remain ever and truly happy (happy as per the definition above).

## Message for the day

**The one who is loving is the one who experiences freedom.**

**Expression:** The root of suffering is attachment, because attachment makes one bound. To be truly free means to learn to love and appreciate while remaining independent. Others' state of mind or task does not negatively influence one's own responses to the outside environment. There is the ability to be free and express one's own specialities without being coloured.

**Experience:** If I cannot keep myself free from attachment I am constantly experiencing suffering. Because I am attached, I am dependent on someone or something I have created a space for in my mind. When that person or object is criticized, neglected or not with me, I feel pain in my mind and I experience a sense of loss. Then I am not able to be loving.