



The fiestas of San Fermin are celebrated in Irunea/Pamplona, in the region of **Navarra**, every year from the 6th to the **14th** of July

Claim Victory

If you ever find yourself defending a position, explaining why, or justifying anything, it means you have been defeated. It means you have not been able to accept the others point of view, or the fact that you may be wrong. Fear has conquered your mind and your heart. Your defences are up and you are running scared. It's not that the other person has conquered you, it's the self-created fear that is in control. Until you can accept the other (you don't have to agree) and you are not threatened by the other, your victories will be delayed. It's a funny old world when true winning is accepting not resisting, when victory is found in the wisdom to stop fighting and to begin engaging.

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Benefit of All

Cooperation comes when there are pure feelings and good wishes for all involved in the task. Every task we take up needs to be for the benefit of all. When we are working for something in which there is common benefit, we are able to easily gain others' cooperation. This also brings good wishes from all of them, which will naturally help in the success of the task. When we take up something new and important, we need to make sure that there is surely something that will bring some benefit for everyone involved in the task. This attention helps us get the cooperation of those around us for the success of the task.

Forms of Fear In Our Modern Lifestyle

Fear is a feeling that is generated by the lack of knowledge about a certain situation, place or person. In fear, one feels threatened by something real or imaginary.

Fear often shows itself in our lives in the form of stress, worries and anxiety. Stress is connected with feeling pressure, feeling pushed, forced, to meet deadlines, to do more. Having to produce more and more, and having to be better and better at it, generates tensions and worries that arise in the form of the fear of not being able to achieve those objectives or results on time. The materialistic values of achieving, obtaining, having, accumulating, and ambitions, competing and wanting to obtain a position, generate a lot of pressure and stress. When we are stressed, generally we are overcharged. We think, talk and react too much. All this affects the mind and body negatively. The worst thing is that it becomes a habit, often uncontrolled, so that the simple habit of stopping and relaxing is not considered a solution. Some even consider it to be a waste of time. You have to do more and more, without stopping.

We have taken on stressful attitudes as part of our daily life. When stress persists, corticoids appear, these are sometimes called the 'fear hormones'. When released continuously, they affect our immune system, increasing the likelihood of cardiovascular complications and the risk of cancer.

Soul Sustenance

Improving The Quality Of Different Areas Of My Karmas (Part 2)

Karmas performed for the self

If I, the soul, am the master of my body, then I have to look after its upkeep. **The consciousness with which I feed and take care of the body has to be such that my actions don't bring me into further attachment to it.** They have to be of such quality that they bring me closer to God and help to reduce my bodily ego or the pull towards physical desires. I have to work, cook, feed and wash the body but these activities can be done in such a way that they bring me closer to my destination of perfection, of freedom and of liberation.

Karmas in our relationships

There is specific energy that drives all relationships - that of credit and debit, give and take. These are the so called karmic accounts that have been created in the past (either in this birth or previous births) and which now determine the quality and quantity of all our interactions and their results, in terms of joy or sorrow, in all our relationships. It's not necessary to find out exactly what the karmic root cause of a problem in a relationship may have been. A very simple guideline to improve the quality of our interactions is:

Rather than take, let me give, so there won't be any further debts. Whether it is colleagues at work, family relationships or friends, let me see if there is a way in which I can fulfill my responsibility with integrity and honesty. If I am not doing that, if I am moving away from my responsibilities, I am adding to my karmic burden. **In what way can I give or serve, so that there is no longer conflict, tension and struggle but just sweetness and respect in my relationships?**

(To be continued tomorrow ...)

Message for the day

The one who is aware of the attainments is the one who is content.

Expression: Sometimes, there is a tendency to compare ourselves with others and find ourselves lacking in some way. This creates unhappiness in us and we are not able to remain content. Comparing ourselves with others or having expectations makes us miss out on perceiving the attainments we have in our life. And we are not able to experience contentment.

Experience: Instead of looking at what we don't have, which is usually the practice, we need to make effort to see what we have attained or what we are attaining. Once we make this practice, we will be able to look at the positive aspect in our life, which will enable us to remain content under all circumstances, i.e., in both positive and negative situations.