



## Making Decisions

Often, it's easy to help others make decisions because we are more objective when we're not completely emotionally involved.

So if you want to get good at making your own decisions, get good at being objective. Learn to step back from the situation, mentally & emotionally, to gain a better perspective.

Then you'll know what's best for you & what decision to make.

## **The art of getting along well with others is to create harmony.**

To be good to people who are good to us is very easy. But the real beauty of life lies in knowing how to get along well with one and all. That means, I need to know how to empower my interactions so that I am able to get along well even with someone who is not so good to us. Just like notes of music which are different, I need to understand that everyone is different and I need to create beautiful music even in the worst conditions. Today I will see what I can do to get along well with one person whom I wasn't comfortable with. It could be some quality that I need to work on. It could be assertiveness or love or any other quality which will help me get along well with the person.

### **Temporary And Permanent Sources Of Peace**

It's a common notion (idea) to think of peace as being closely related to the beauty of nature - the play of waves on a beach, the blowing of wind through a forest, the soaring and swooping of gulls; in short, anything away from the rush and hurry of the city. Alternatively we associate peace with some physical form of relaxation like headphones plugged into soothing music, a hot bath after a hard day, a brisk walk in the park, etc. In meditation we realize peace to be our very essence (nature); we realize very quickly, trying to extract peace from the world around us or even from some physical sensations in our own bodies gives us only a temporary experience of it.

Once we start meditating, we start to see physical relaxation as an escape from tension and not a solution for it; and the beautiful scenes of nature now no longer as sources radiating permanent peace. But in fact it is their mere absence of conflict, their harmony of colours, forms and sounds which appeal to us. There is something in each of us which cries out to be free from conflict. We discover that "small voice" or need is only our true nature demanding to be recognized. We realize that neither the body nor nature can give the peace that the soul was longing for, but it has to be tapped from within. Having found it, it remains constant, whether in the city or countryside, in comfort or discomfort. In the midst of noise and confusion, peace is really our own.

## **Soul Sustenance**

### **Are You A Compulsive Complainer (Part 1)?**

We live in a world full of imperfections, and, luckily, we are not perfect either. Luckily, because being imperfect offers us the possibilities of learning, change and hope. It inspires us to make an effort and it prevents us from getting bored. However, for the one who complains it seems that the world should be perfect. With such a habit it becomes something natural to think how things should or shouldn't be or could or could not be.

When you complain, your energy and clarity reduce and your unhappiness increases. You don't accept what there is or what is, as it is. Your complaints lead you to criticism and to useless gossip. In these kinds of conversations time and energy are lost and mistrust and unhappiness are generated. Relationships are harmed and then require a good investment of time and energy to get back the lost trust.

Someone who complains regularly expects the world to make them happy and the Universe to dance to their music. As things are almost never as they want, they are in a state of constant complaint. They don't realize that happiness comes from within and is cultivated within. They expect situations and others to make them happy. And, as this does not happen, they complain constantly.

The person who often complains feels disappointed and gets discouraged. They feel that they cannot do anything to change what they would like to change. They feel weakened inside.

(To be continued tomorrow ...)

## Message for the day

**To see specialities in all is to become special.**

Projection: Most of the time, I'm caught up in looking at people's negativity. When I see some negative quality in someone, I immediately make his specialities a background and start focusing on his negative traits. The more I think of these negative qualities, the more they occupy my conscious mind, changing my reactions too.

Solution: It is natural to be coloured or influenced by what I see. If I see specialities, I'll take on a little of that and if I see weaknesses, I'll take on a little of that too. So I need to make an attempt to look at only specialities and encourage others too to use their specialities.