



Dmitry Medvedev, Prime Minister of Russia and Nicolas Sarkozy, President of France, at the Washington Nuclear Summit, April 2010.

Are you a Fixer?

Are you willing to correct a mistake, even if it wasn't your fault? Rather than pointing fingers when errors occur, focus on solving the problem. Then backtrack to identify what went wrong and how similar situations can be avoided.

Positivity

Affluent societies have put huge effort into improving physical facilities, but our minds have suffered neglect. Increased levels of negative states such as anxiety, addiction, irritability and depression have accompanied burgeoning desires. As well as undermining the health of individuals, these negative attitudes and emotions harm society and the environment by causing a loss of fundamental values in our actions. When we feel sad and empty inside, we become part of the problem. We comfort ourselves by blaming others and circumstances. Instead we have to learn how to make our mind strong. That means fill it with positivity.

The Power To Withdraw

The aim of Raja Yoga meditation is to strengthen ones nature so much so that situations which previously might have defeated us, we now find easy to handle. So, the power to withdraw does not mean running away from life, but the ability to find a safe space inside oneself, even in the midst of life.

An image used to illustrate this power is that of the tortoise. When there is danger, the tortoise instantly goes inside its shell, which it carries with it everywhere. In the same way, when I am faced with negativity or active hostility from people and situations around me, there is great strength in become introverted, even for a moment, so as to touch base with the point of peace inside my own being. In doing so, I find not only **shelter**, but also **stability**, so that I protect myself from any hostile reactions on my part.

(To be continued tomorrow

Soul Sustenance

Busy – Press The Stop Button! (Part 1)

Gone are the days when 'idle' was not just a word in the dictionary, but a practical reality and life's inclusive component.

The world is dazed and squinting and so are we. When did you last sit on the window pane looking out at the squirrels or the sunset? Or when did you last read a book on self development or spare a few minutes for spiritual relaxation? Or when did you last spend an idle weekend shopping or with your family? Or when did you meet your old friend for a lunch and laughed till your eyes dropped? If you were to ever pass through a busy market place, you will have plenty of time to observe the running men and women with blank faces. Who has the time to smile? To stop where you are and thank God for the life you have.

Being busy is now not just an activity but a disease. People who are working day and night have an obsession for it, also called **workaholicism** (being a workaholic). They can't sit idle and anxiety takes over when they do so. The day isn't far when humans will be called sheer machines. Today, the lifestyle of a child to that of an aged person is such that there is no scope for personal time. A student's timetable is like a train schedule. Just one after another. From school to tuitions, from tuitions to vocational classes, then to the sports complex and again to another tuition. A corporate professional's day moves from one assignment to another revolving around the emotions of * I need, * I want and * I own, without ever thinking of rising above the monotonous existence. **Is speed is what we are born for?** We cannot only blame our lifestyle. There are more internal causes you would guess, like meeting expectations, pleasing everybody and reaching your idol self, your goals and ambitions is what makes you work like there's no tomorrow.

(To be continued tomorrow ...)

Message for the day

To have equality in thought, word and action is to be successful.

Projection: With regards to what I want to achieve, my thoughts are usually high. I then speak about my high plans to others too. But to bring my plans into action it takes a long time and by then I find that they have lost their intensity.

Solution: I need to remind myself that if I don't implement my thoughts immediately, I will never do it. I also need to check if the thoughts that I have are practical. I need to then plan and speak about it according to my checking. Then I find that my thoughts and plans are not wasted away, but become practical.