



### **Six Ways to Overcome Procrastination**

Procrastination is not only the thief of time, it is the creator of subtle inner tension. You know you are cheating yourself. There are three secrets to overcoming procrastination. One, don't wait till you feel like doing it - the feeling will come only when you start doing it. Two, list all the things you have to do and then prioritize the list. Three, create a vision of the result and be motivated by the vision of the outcome, not the thought of the process. And the options to those ideas? One - ask for help. Two - completely forget about it, you don't have to do anything! Three - if there is anything you can learn from the process then see it is action learning. Six ways to overcome procrastination ... but you may have other ideas.

## **Success In Your Stride (Part 2)**

**Success stories across the world are measured for their worth not just by what was achieved in a particular life sphere but also by how the people excelling in their field took success in their stride or how much did they dedicate the success to the Higher Power** with the wisest intellect and the one responsible for bringing them the success directly or indirectly. We commonly say *Thank God* in our thought prayers to him. This has been done since hundreds of years, but do we ever be an embodiment of that i.e. do we really, in our interactions with others and in our sacred space of our mind be completely sweet and humble in *living* our success. Our success should be filled with the fragrance of God's love and a dignified and humble feeling of servant-ship dedicated to the Supreme. Only then, will we be called *completely* successful.

There was once a beautiful daughter of a farmer in a far off land, who won the hand in marriage of the richest prince of that particular time. She started ruling the kingdom with the newly crowned king with much pride and confidence. There was no one in the kingdom who did not look up to her. She controlled the treasure of the kingdom, which included not only gold and silver but also many far off lands. From a simple village girl, she had the whole kingdom at her feet with people around her giving her the respect and adulation (praise), reserved for the highest of the highest. All was good, until slowly over a period of time, she starting becoming arrogant and her relationship with the successful king and the people of the kingdom starting suffering. She forgot that this sudden change in her fortune was a gift of her noble actions that she had performed in her past births and also to maintain the rich fortune that she had earned, she had to continue her noble actions i.e. she had to remain egoless and sweet because that is the first sign of nobility. Also, she forgot that a humble leader, before ruling people had to rule their hearts, which is the sign of a true leader. When that happened, people of the kingdom starting distancing themselves away from the queen and she starting being seen in a poor light and she lost all that she had earned. So success can come crashing down in a few moments or days if not carried well and maintained by remaining noble and humble.

(To be continued tomorrow ...)

## Soul Sustenance

### Understanding And Overcoming Ego (Part 1)

Identification with the ego and the external self creates a false identity and extremes of feeling inferior, or superior, depending on the circumstances and people. It brings with it the thought of *I am*, which is based on gender, religion, nationality, achievement or talent, creating an attachment to the self, which always compares and competes with others. This insecurity leads a person into forcing others to act and think in the same way as them. An egoistic person, rather than recognizing that everyone is unique with a unique personality and has a right to express his/her respective personality, sees difference in personalities as a threat to himself/herself.

Where there is such ego, only *yes* people (who have the same opinion as yours) are allowed to come close: anyone with a difference of opinion is rejected. With ego, the original uniqueness of the self is denied, unrecognized and buried deep in the layers of wrong identity. This is why, these days, there is such an identity crisis - humanity has lost its soul, or rather, sold its soul to external traditions and attractions.

With ego, then: is the idea of *I know best* and consequently the misunderstood duty and right to control and manipulate others, in their best interests (supposedly)! This results in the spoiling of the creativity and uniqueness of others.

(To be continued tomorrow...)

## Message for the day

**The one with humility is the one who can be creative.**

**Expression:** Creativity comes to the extent that the intellect is humble. Such an intellect is able to create something new. Because humility is a form of love, it brings the enthusiasm for creativity and the ability to bring newness in everything that is done.

**Experience:** Humility gives me an experience of being a master, of being powerful. This power comes from the experience of being a constant learner, because I have no ego of what I already have. This mastery makes me creative, making me bring newness in every thing I do.

## Conflict Resolution

Conflicts are like icebergs. What you see or understand is only a portion of what's really happening.

So, take time to explore your iceberg of conflict.  
Look below the words and actions that fueled the conflict.

Uncover your emotions, unrealistic expectations, preconceived preconceptions and everything else that lies beneath the surface.

Sort out what's going on inside before you sort things out externally to resolve the conflict.