



Take Care

Take care of yourself with understanding and love, and make sure that you never compromise your own spiritual growth.

Silence

In the ocean of silence you may discover your eternal treasures of peace, love and happiness. In silence, you can let bad feelings and past sorrows dissolve. Silence calms your heart. It is a balm that heals the wounds of the soul. It strengthens the spirit and takes you to a world without sound where peace reigns.

Discovering Inner Compassion - cont.

When we try to describe compassion, it is worth looking at the words **sympathy**, **empathy** and **interpathy**.

Showing **sympathy** towards another person's suffering is acknowledging their suffering, for example, 'I am sorry that you have hurt yourself'. We recognize that they are injured or ill without really engaging at a feeling level.

Empathy is when we literally share a feeling with someone, we walk in their shoes, for example, 'I feel really upset that you are so depressed about losing your job'. This can bring great comfort to the person we are empathizing with, but the comfort to them can be at our expense and leave us feeling emotionally drained or sad. If we identify too closely with them, it can also make it difficult for us to help them.

An expansion of empathy is a word called **interpathy** where we relate to another's suffering although we may not understand why they are suffering. This may be because they are from a different culture or because their feelings may seem inappropriate given the situation, but we are curious, we try to understand.

Compassion is all these words -- **sympathy**, **empathy**, **interpathy** - yet it is more and it is less. We acknowledge someone's sorrow, we sense how they feel, we try to understand how it affects them, yet with compassion we do not become emotionally involved. We are engaged yet detached. We are standing back and looking on with kindness. By showing compassion in this way, it allows us to be compassionate without suffering from compassion fatigue or emotional burnout.

Soul Sustenance

Anger Management

Creating Your Inner Peace Room (Visualization)

To overcome anger, visualize a house and in that house there is a **peace room**. See the room as an empty space. Then, step by step decorate and finish the room with the colours and objects, which symbolize peace to you. See the sun streaming into the room, filling the room with light. Then see yourself sitting in the room and filling the room with your vibrations of peace.

This is now your **inner peace room**. Whenever you see yourself experiencing emotions like anger, irritation, frustration etc. - you can go visit this room using the power of your mind and intellect (visualization) - it takes only a second - and peace awaits you. To keep it fresh in your mind write a description of your peace room.

Message for the day

To contribute selflessly is to move forward with the blessings of all.

Projection: Many times we find ourselves in situations where there is a problem, where we seem to be part of the problem too. We try defending ourselves but people do not always understand. At such times there is no solution to be found, and we find ourselves talking again and again about the problem.

Solution: We need to become part of the solution instead of just being part of the problem and talking about it. To be part of the solution means to make some contribution in order to better the situation. When we do whatever little we can, we continue to receive blessings from those around us.

