



Can't Concentrate

How often do you hear yourself say, "I can't concentrate!" Actually, concentration isn't a gift and it isn't about intelligence.

Concentration is driven by interest, and interest is driven by attitude. If your attitude swells with interest, concentration is astonishingly easy.

Increase your concentration by reducing multi-tasking and any of the many distractions at your fingertips.

Applying The Law Of Balance To Anger (Part 2)

Yesterday we had explained how the law of balance can be applied to anger on a smaller level. The same law can also be applied on a larger level. **Each time a group of people transmit the negative energy of anger physically to another group of people - at that time, either:**

a) one party is disturbing the balance temporarily, which will be restored sometime in the future, by the second party indulging in similar behavior, **or**

b) balance is being restored at the present moment (because negative energy had been transmitted from the opposite party to the first party sometime in the past). This balancing must take place, because it's an unbreakable law. This is the law of balance.

This law that does not need to be enforced by us, the police or even by God. It is a natural law like other laws of nature. **It gets enforced itself and cannot be broken by anyone.** Understanding that this law is embedded in the human state of affairs at all times makes us careful and detached so that we don't hurt ourselves with violent, toxic thoughts, when someone acts negatively. We create these kinds of thoughts because we believe this is revenge that is justified. Also, knowing that anger that is radiated comes back doesn't mean we don't have any laws within society – they are required, but it helps us not to take the law into our own hands. We cannot force justice to take place before its fixed time. We cannot force the balancing of energies of anger. If we try doing it, it is being egoistic and we only upset the balance of our energies as a result. Even to criticize those who try to take the law into their own hands is to take the law into our hands.

Generosity

Generosity can be defined in many ways but respect, kindness, benefit and accessibility are its key characteristics. Generosity is like a fruit tree in season. All its fruit is available to anyone for the picking. When I am full, complete, when I have conquered selfish needs then I can be naturally generous. My being is open to others to share the best without any obligation.

Message for the day

The one who is open to learning always finds an opportunity to learn and change.

Expression: Life has plenty of opportunities for the one who wants to learn. Each situation and person that comes one's way is an instrument for a new learning. Constant learning brings about a deep internal change and progress in one's life.

Experience: When I am able to learn from all that happens, I am able to be content for both what I have learnt and the change that I have been able to bring about. This contentment also keeps me enthusiastic and my mind open for further learning. I naturally become an embodiment of what I have learnt.