



Cherries in Hunza Valley, Pakistan

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.

Empty Handed We Come And Go Away (Part 2)

Continuing from yesterday's message, a soul who does not cling, **is easy natured, who wears the clothes of its roles and responsibilities, but not very tightly, experiences constant happiness and serenity and connects with everyone or everything, but yet can disconnect whenever required.** This is true inner freedom. **Such a soul always smiles and coming in contact with such a soul is soothing.** Such a soul is a liberated carefree emperor and gives a comfortable feeling of liberation to everyone and everything it touches or comes in contact with. On a lighter note, if you are still not convinced about living a life of detachment, you can start with asking yourself, do you enjoy interacting with someone who likes to possess or cling or control or someone who does not? What is a more empowering and comfortable experience for you? The answer is obvious.

Once we get convinced about the idea, we will be courageous enough to challenge **internal pressures like old thought patterns, habits, beliefs, past experiences and external pressures in the form of real life challenging situations, the information that we receive from outside and of course our friends and loved ones** who will try and convince us to take the opposite path of attachment in subtle or non-subtle ways. Along with inner conviction, becoming aware of ourselves as spiritual beings through meditation, which will help us rediscover our real and authentic being, will also assist us immensely in this process and will provide us the power for the same. Meditation helps us empty ourselves of all that is unnecessary or excess waste inside us and discover the essential, which is precious, as a result we feel full and complete inside, and we no longer desire to possess or hold on to anything physical or non-physical. Hence, we very naturally, without much effort, start living our day-day life without depending on the crutches of attachment

Holding a grudge at the moment?

Still thinking about that comment someone made?

Well, rather than letting things stew, let it go.

If you're not good at letting things go, then here's a simple method:
Write down the issues on different pieces of paper. Read them, crumple them up and as you throw each one away, choose to let it go.

Let go and free up your resources to focus on the important things.

Message for the day

Situations are a reminder to bring out positive qualities.

Expression: Every situation is an excuse to bring out qualities from us, good or bad. It is up to us what we want to use. If we continue to blame situations to bring out anger, ego or any other negative trait, it will continue to increase. On the other hand, if we use the positive qualities, we find them increasing. So, in any situation it is important for us to remind what positive traits we have and use them.

Experience: Today I will learn from one situation. I will check if I am able to maintain a positive state of mind or not. I will create a thought, based on a learning from the situation, making my mind positive. I will then be able to add power to the situation, instead of losing my own power.