

DON'T BE AFRAID

Here we are, afraid of losing what we have all the time, holding on to it so tight that not a soul can touch it. We think by hiding it from the world, it's hidden and it's ours. Nothing is. Nothing ever will be. For, nothing ever was.

If you think there is anything that you have, that's yours, be it money, a house, a job, or a girlfriend... it's nothing but an illusion. It'll all disappear... in one blow. One blow, my man.

Here we are, so insecure that we are afraid of re-starting our lives, so we just carry on trying to sort out the current mess. The thought that we should give it all up and just start all over - with nothing - might cross our minds some time, sure, but we get scared and we push away anything that scares us.

There is nothing I can ever achieve or gain that I cannot lose, in a matter of seconds. You have never gained enough to not be able to lose it all, in just a few minutes. What you think is yours, was never yours and will never be yours. Whatever you make here, you leave here. You came naked and you're going to go back naked.

So what are you afraid of?

Let all be lost. Let them take away everything. As long as you have your heart beating strong, as long as you have your nostrils working fine, as long as the blood flows in your veins, you will live, you will breathe and you can get it all back... again and again. For, if you can do it once, you can very well do it again. It's just a game we play - **Life**.

ROHIT WADHWANEY

ATTITUDE

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say, or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.

We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you. We are in charge of our attitudes.

SOURCE UNKNOWN

The Lord says "Why be afraid, why have fear when I am here. Put all your faith in Me. I shall guide and guard you. No trace of fear can tarnish the purity of the heart that is shining in the splendor of Truth... Truth knows no defeat, Truth knows no fear. It marches on heedless of acclamation or declamation." BTBOS p 302

A Sanyasi (renunciat) once met the Cholera Goddess on the road, returning from a village where she had thinned the population. He asked her how many she had taken into her lap; she relied, 'Only ten. But, really speaking, the casualties were a hundred.' She explained, 'I killed only ten, the rest died of fear!' Man is Atma-swarupa. If he knows his real nature, he will give no room for weakness or cowardice. SSS Vol 111 Chap 36 p 177

There is no end to the waves in the ocean. Similarly, there is no end to the thoughts as long as the mind exists. Our love and hatred, pain and pleasure, life and death are based on the mind. Our attitude towards the mind is an attitude of indifference and it is this attitude of mind that spells doom to the very life of man. You must develop the attitude of determination and dedication. Enlarge your horizon, Expand your vision to cultivate a broad attitude. SSIB 1993p 39

SRI SATHYA SAI BABA
Make Your Life My Message

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