

## A SHOT OF HOPE THE SPEAKING TREE

# We All Have The Capacity To Deal With Crises

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The most important prerequisite to face a challenge is to stay calm. A clear mind can make the difference between the right choice and a mistake. When the mind is calm, thinking is precise and actions perfect. You find solutions to problems and become a source of strength and comfort to your family as well as to society at large.

We all have the capacity to deal with sudden crises, because we are gifted with the intellect which can think, assess, analyse and decide on a proper course of action. However, this needs preparation. Before tragedy strikes, you need to invest a part of your time and effort in insuring yourself against catastrophe. In the Bhagwad Gita, Krishna helps Arjun to rise above the turmoil in the mind to think clearly, work out a strategy, implement it meticulously and emerge triumphant. Tap into the same knowledge to overcome this challenge.

Develop the intellect to control the whims and fancies of the mind as well as the urges of your senses. The intellect is developed by thinking originally and independently. With a wellfortified intellect, you give meaning and a sense of direction to your life.

Expand your vision to accommodate the wellbeing of a larger cross section of people. Thought of self is the devil. Whenever you think of yourself, you become anxious and worried. Think beyond self and you become calm, creative and productive. Fix a higher goal that inspires you. Work dedicatedly, wholeheartedly and energetically towards it.

Expand your circle of love. Align with the benevolence and generosity of nature. An animal lover loves all animals irrespective of their kind and nature – whether it is the affection of a dog or the ferocity of a lion. Similarly, view all human beings equally – benevolent or beastly! Understand that everyone is a victim of his own nature. Love them irrespective of their qualities.

Most importantly, understand that everything in the world changes. The one guarantee you have in the midst of the Covid crisis is that it will blow over. Do not allow it to overwhelm you. Focus on the divine Force behind the

universe. That is constant, changeless. Always with you. It will never abandon you.

In the meanwhile, do what you can to keep yourself healthy, your immune system strong and your outlook positive. Be grateful for all that you have been blessed with. Develop a coping strategy. Do not expose yourself to bad news all the time. Keep yourself engaged with work. Cultivate a hobby. Be committed to your own spiritual growth. Invest at least an hour a day to the intake of powerful, spiritual thought. Study the Bhagwad Gita.

In the end, it is only your spiritual strength that will help you overcome the calamities of life effortlessly. You will become like a lighthouse in the ocean, untouched by storms as your foundation rests on the ocean bed. (Weekly webinars on the Bhagwad Gita by Jaya Row, Saturdays, 6.30-7.30pm IST. Register free: [www.vedantavision.org/gita](http://www.vedantavision.org/gita))



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