

A SHOT OF HOPE THE SPEAKING TREE

Resolve To Remain Happy, No Matter What

MATA AMRITANANDAMAYI

Children, humanity is going through an exceptionally challenging and painful period. Amma knows many of you have lost loved ones and many more are suffering with the disease. Regardless, is there any benefit in giving in to sorrow? If we allow ourselves to fall deeper into sorrow, we will only become weaker mentally. This is neither helpful to ourselves nor to others. Instead, maintain your discernment, cultivate an attitude of alertness and prepare yourself to face the situation. This is what spirituality teaches us.

Worrying is not an outlet through which we can drain away our sorrows. On the other hand, it is an outlet that will drain away all of our self-confidence. It will dissipate our inner strength and prevent us from finding solutions. Is there any point in being sad about a situation we cannot change? No. Likewise, do we ever worry about a situation we can solve? In fact, these are the only types of situations there are in life. So, there is never a benefit in worrying.

Someone who knows how to swim enjoys the ocean waves. He knows what to do when the waves rise and carry him, and he knows how to cut across them. However, someone who doesn't know how to swim will only drown. Spirituality teaches us to be strong and to face every obstacle. It teaches how to not become weak and collapse. Spirituality is the foundational principle we need in our lives. It enables us to face hardships.

Give someone who is only used to handling paper a heavy weight to lift, and he will collapse. On the other hand, a weightlifter is always increasing his capacity gradually. In this way, he can easily carry hundreds of kilograms. This has become possible because of practice. Similarly, through spiritual understanding and maintaining awareness of its principles, our mental strength will gradually increase.

Having boarded a train, whether a person carries his luggage on his head or puts it down, the train is still ultimately going to carry the load. If we keep our luggage on our head, we will have to unnecessarily suffer its weight. But if we put it down, we will be comfortable. Similarly, understand that whatever

happens in life is the will of the Paramatma. All we can do is put in proper effort; the rest we have to accept. If we can move through life with this understanding, offering our efforts to the Paramatma and accepting what comes back as prasadam, then we will have peace in our life.

Whether we laugh or cry, the days will go by. Just like every other decision, happiness is also a decision. Resolve to remain happy, no matter what. Take a decision to remain courageous, no matter what. May my children move forward with this attitude and be healthy and happy.



*For
hope
in the
time
of
Covid-
19,
send
your
questions
to
spiritual
masters,
scan
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QR
Code
or
visit
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