

Be Great!

When people behave in ways that are aggressive, unfair, critical and so on it is a big spiritual challenge to remain compassionate and clear in our responses. To me it is not loving to just say or do nothing or pretend there is no problem. Instead, to me love is a dynamic, something we are learning more about all the time. A lot of it involves the inner work we do, and our spirituality is a key to better relationships and sustained success in life. Whether our spiritual practices involve jappa, mantra, abishekam, fire pujas, energetic healings, prayer, meditation or yoga, we can use what we know to cultivate the inner fire and inner strength to convert negative experience into an opportunity for new strength, love and spiritual courage.

While you might have read it before, I urge you to remember the prayer of Mother Theresa, (below). The prayer expresses an attitude that is full of

Divine hope and strength. It is full of courage, heart and soul. I think it is a good one to laminate and stick on the fridge!

Mother Teresa's Prayer

People are often unreasonable,



irrational, and self-centered. Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway. If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway. If you are honest

and sincere people may deceive you. Be honest and sincere anyway. What you spend years creating, others could destroy overnight. Create anyway. If you find serenity and happiness, some may be jealous. Be happy anyway. The good you do today, will often be forgotten. Do good anyway. Give the best you have, and it will never be enough. Give your best anyway. In the final analysis, it is between you and God. It was never between you and them anyway.

Imagine if the person speaking to you is doing their best, even if their best is pretty hopeless. We all have to learn how to be good people. Allowing other people to derail our goodness by their lack of it is giving our power away.

Mother Theresa's prayer is a recipe for retaining the power of love. This week let's focus on that, and make a game of being loving in the face of that which is not loving.

**Loads of love,
Shakti Durga**