

## STRESS MANAGEMENT: STRATEGY TO CLEAN MIND

Mind is the root cause of all the suffering. Suffering is mental and pain is physical. How our minds perceive each and every incident, on the basis of that our body reacts. Stress comes from suffering than pain. In everyday life pain is inevitable, but suffering is optional - a by-product of poor choice. We want to change the other person. Things don't change; you change your way of understanding. As you change your perception everything changes for you.

Suppose you teacher scolded you for not completing your assignment in time in front of other classmates. You may take it as a feedback and promise to complete assignments in time or get angry on your teacher and plan to take revenge. It's up to your values and thoughts. **The main difference among individuals is 'the sum total of individual's thoughts'.**

We feed our body regularly to sustain the daily challenges and we need to feed our mind to face the new challenges. You can cheat the whole world but you cannot cheat yourself, your conscience. According to Buddha's discovery the body reacts on the basis of your inner conscience. Whenever we do something against our inner conscience to gain something in physical level or emotional level, we start forming knots (deformities) in our body which we are not able to recognize as our mind is always diverted outward. As our mind is diverted outward we have lost the ability to sense the reaction happening each and every moment. We only recognize that when it comes out in the form of disease or pain as we grow older. This kind of disorders are called psychosomatic health disorders, "psyche" means mind (emotions) and 'soma' means body, The research shows that currently 90% of the patients admitted in corporate hospitals are suffering from psychosomatic health

disorders.

There are positive emotions and negative emotions. Negative emotions destroy us and we develop psychosomatic health disorders: anger, frustration, revenge, jealousy, unease and anxiety are some of the negative emotions. All the negativity is caused by an accumulation of psychological time and denial of the present. Anger comes by birth, it's an instinct. Most of the people exploit them for their own benefit, specially film makers and politicians but in the long run anger eats them. As they pass on the same values to their children, children imbibe the same qualities. One day they apply the same anger on their parents if anything goes against their own interest.

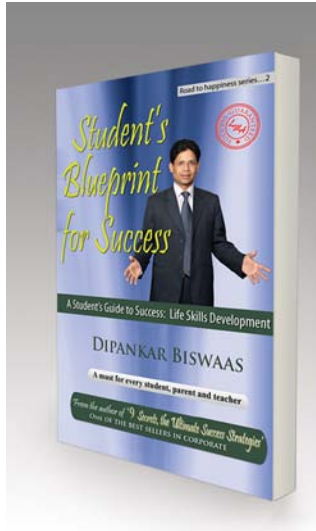
There can be several methods to clean our mind. I have experienced two methods extremely helpful to clean our mind: **Forgiveness & Gratitude Writing.**

**Forgiveness can be one of the hardest things** to do in life. It can also be one of the most liberating as our energy returns to us and the person we are forgiving no longer holds power over us. **Forgiveness & Gratitude come under supreme core values. If you can practise forgiveness you become supreme selfish. You don't allow anyone to disturb your peace and happiness, and you don't give any opportunity to develop psychosomatic health disorders in you. You will be able to focus on your studies and score good marks.**

Please write down the people you need to forgive on the space provided (one of them may even be you) and the reasons you need to forgive them.

**FOR FURTHER READING.....**

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The fees include the book, lunch, tea and snacks.