

In yesterday's Darshan I told people how easy it actually is to reduce problems: Just be yourself. It is not a big philosophy and the concept is so easy. However society and culture made it very complicated in the course of many years. Maybe you yourself would be open and ready to be honest with your feelings and to let them flow but there are neighbours, family and friends and in front of them you do not dare to be yourself. So you say something else than you think and feel. And you do something completely else. You don't do what you think and you don't think what you say. You don't say what you do and you don't do what you say. So these three things are separate from each other although they should be same: our inside, our thoughts and feelings, our talk and our actions.

However we make it so complicated because we don't live in our originality. And then it is no wonder that we are confused, insecure and lack self-confidence. We cannot trust on what others say or do and we cannot even rely on ourselves. The cure seems so easy and can be so difficult: Accept yourself! And if you train this I can promise you that each day it will be easier for you to live in your originality.

A handwritten signature in green ink, appearing to be '11. 11. 2008' or similar, enclosed within a green oval shape.