

# How to keep

# “Upper Story”

# Cool



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*LifeCare*  center

....Caring hearts, healing hands

# *Balancing Act*

*Happiness & success*

*do they go together ?*

*Happiness is not always through success.*

*Equally, the constant pursuit of*

*success is sure unhappiness.*

*But we have to find*

*the balance*

*We have been given the **indriyas** ,  
& the power of **viveka**, discrimination,  
to help us know what is good &  
what is bad.*

*Do not mistake the power of viveka with the mind because the mind is nothing but a bundle of thoughts. If you follow the mind & not your viveka you will end up making mistakes*

*The indriyas must follow the path of truth.  
See good, hear good, talk good & do good.  
Use them properly*

eg



# HINDU SCRIPTURE

Scriptures highlight the principles of **sathya, dharma, shanti & prema** – truth, righteousness, peace & love.

If we use **viveka to ensure that the five indriyas** follow the path of righteousness, our accumulated “bad” karma can be reduced to some extent .

# END RESULTS

if we do not work on this in our current **life the karma baggage** will get heavier & heavier & will be carried into our next life also.

We have to leave our **negative** characteristics in order to lead a **positive life**



**SPIRITUAL MATURITY IS  
WHEN YOU**

**\*LEARN TO "LET GO".\***



**SPIRITUAL MATURITY IS WHEN YOU**  
**\*ACCEPT PEOPLE**  
**AS THEY ARE.\***



**Spiritual Maturity is**

**\*when you stop trying to  
change others, ...instead  
focus on changing  
yourself.\***



**SPIRITUAL MATURITY IS  
WHEN YOU**

**\*UNDERSTAND EVERYONE  
IS RIGHT IN THEIR OWN  
PERSPECTIVE.\***



**Spiritual Maturity is when you  
are able to**

**\*DROP "EXPECTATIONS" FROM  
A RELATIONSHIP AND GIVE FOR  
THE SAKE OF GIVING.\***



**SPIRITUAL MATURITY IS WHEN YOU**  
**...UNDERSTAND WHATEVER YOU DO**  
**YOU DO FOR YOUR OWN PEACE.**  
**YOU DO FOR YOUR OWN HAPPINESS\***



Spiritual Maturity is when you

\*stop proving to the world, how  
intelligent you are.\*



**SPIRITUAL MATURITY IS WHEN  
YOU**

**\*don't seek approval  
from others.\***





**SPIRITUAL MATURITY IS WHEN YOU**

**\*stop comparing  
with others.\***



**Spiritual Maturity is when you**

**\*are at peace  
with yourself.\***



**Spiritual Maturity is when you**

**\*are able to differentiate  
between "need" and "want"  
and are able to let  
go of your wants .**



**YOU GAIN SPIRITUAL MATURITY  
WHEN YOU**

**\*stop attaching  
"happiness" to material  
things !!\***



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