



## DAY.25

Lessons in life will be repeated until they are learned.

We learned that our limiting beliefs create unpleasant situations again and again, until we pause, observe the pattern, accept our limitations, and change.

Karma, according to Indian and Buddhism philosophy means that we came to this life to experience the lessons that we didn't learn from the previous life.

We are stuck in these lessons, for many lives, until we learn from our mistakes and change.

But how do we learn and get rid of 'karma'? **By taking responsibility.**

Usually, we blame others for the pain and suffering that has happened to us, and we put ourselves in the victim mode.

By denying the responsibility of our life, our choices, and the limitations of our minds, we miss the opportunity to develop, learn, and change.

We give our power to those that we blame for our experiences. Taking responsibility doesn't mean it's my fault', but **'I have the power to change my own life.'**

When we recognize and accept the patterns in our life that keep repeating, that hold us back, we're on the right path.

It is all a matter of perspective. With which glasses do you view the world? Is the world happening to you? Is it a struggle? and people against you?

Or is everything on your path and opportunity to learn? **Our own mistakes are our greatest teachers if we are able to see them that way.**

What if in every situation we pause and ask ourselves: "How has what I believe about myself, others and the world around me, created this situation? The way you experience the current moment? Am I able to say open, shift my view & change my glasses? **By changing the way we view the world, our world changes.**

# DAY.25

Phrase of the day: 'Today I change my glasses'.

*Please also write this phrase in your journal.*

*'Our reaction to a situation literally has the power to change the situation itself'.- Buddha*

## PRACTICE

'This morning we connect with the loving-kindness within ourselves. To soften our sense of judgement & our inner critic. Start by listening to the 'COMPASSION' meditation. (10min)

Today we invite you to question the way you look at the world around you. Question your thought patterns with the awareness that you gained over the last 24 days.

Write the following steps in your journal applied to a tough situation that you are facing right now:

1. First describe the facts of the situation as you see them.
2. Are there other possible views/alternative realities of this situation? What are these?
3. How an observer of this situation would feel and react?
4. What kind of past experiences in life may have influenced your feelings about/response to this situation?
5. With the awareness that you have now, what could you see/think different about this situation?

Good luck!