



TODAY I GIVE THANKS TO MY LESSONS IN LIFE.

DAY.14

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 other for all 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 limitations of our mind, we lose 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.**'

If we see clear and accept the patterns of our life, and the things that are happening again and again and hold us back, we are on the right path.

Learning is the only reason we exist. And **our own mistakes are the most valuable teachers to learn from.**

DAY.14

Phrase of the day: 'Today I give thanks to my lessons in life'.

Please also write this phrase in your journal.

Every situation, good or bad has something to teach us.

PRACTICE 1: Today we invite you to observe every situation as a valuable lesson.

Wake up with the intention: 'What does this day has to teach me?'

There are lessons and signs everywhere.

Be open to them.

During your day, ask your self: 'What does this moment/person/situation has to teach me?'

Write in your journal any insides from this exercise.

PRACTICE 2: Listen to the meditation anytime you have 10' of uninterrupted time, during the day.

Good luck!