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Emotion

Once upon a time, there was an island where all the feelings lived:

Happiness, Sadness, Knowledge, and all of the others including Love.

However, one day it was announced to the feelings that the island would sink, so all prepared their boats and left. Love was the only one who stayed.

Love wanted to stay until it started sinking. When Love was almost sinking, he decided to ask for help.

Richness was passing by Love in a beautiful boat. Love said, Richness, can you take me with you?

Richness answered, No, I can't. There are a lot of gold and silver in my boat. There is no place here for you.

Love decided to ask Vanity who was also passing by, Vanity, please help me!

I can't help you Love. You are all wet and can probably damage my boat, Vanity answered.

Sadness was close by so Love asked for help, Sadness, let me go with you.

Oh...Love, I am so sad that I prefer to go alone!

Happiness passed by Love too, but she was so happy that she did not listen when Love called her!

Suddenly, there was a voice, Come Love, I will take you. It was an elderly. Love became very happy that he even forgot to ask the name of the elderly.

When they arrived to the other side, Love asked Knowledge who the elderly was. It was Time.

Time? But why did Time help me?

Because only Time is capable of understanding you..... Love.

P.S: Time is capable of solving anything. Things today may not have a solution but tomorrow you will find one!

Ego

Once upon a time there was an island, where all the feelings lived together.

One day there was a storm in the sea and the island was about to get drowned. Every feeling was scared but Love made a boat to escape. Every feeling boarded the boat . Only 1 feeling was left. Love got down to see who it was.. It was EGO.. Love tried and tried but ego wasn't moving also the water was rising. Every one asked love to leave him and come in the boat, but love was made to love.

At last all the feelings escape and Love dies with ego on the island..

Love Dies because of EGO.

So, Kill Ego & Save LOVE, It's Precious!!!!!!

love and madness

A long time ago, before the world was created and humans set foot on it for the first time, virtues and vices floated around and were bored, not knowing what to do. One day, all the vices and virtues were gathered together and were more bored than ever.

Suddenly, Ingenious came up with an idea: «Let's play hide and seek!» All of them liked the idea and immediately Madness shouted: «I want to count, I want to count!» And since nobody was crazy enough to want to seek Madness, all the others agreed. Madness leaned against a tree and started to count: «One, two, three...»

As Madness counted, the vices and virtues went hiding. Tenderness hung itself on the horn of the moon, Treason hid in a pile of garbage. Fondness curled up between the clouds and Passion went to the centre of the earth. Lie said that it would hide under a stone, but hid at the bottom of the lake, whilst Avarice entered a sack that he ended up breaking. And Madness continued to count: «...seventy nine, eighty, eighty one...»

By this time, all the vices and virtues were already hidden – except Love. For undecided as Love is, he could not decide where to hide. And this should not surprise us, because we all know how difficult it is to hide Love.

Madness: «...ninety five, ninety six, ninety seven...» Just when Madness got to one hundred, Love jumped into a rose bush where he hid. And Madness turned around and shouted: «I'm coming, I'm coming!»

As Madness turned around, Laziness was the first to be found, because Laziness had no energy to hide. Then he spotted Tenderness in the horn of the moon, Lie at the bottom of the lake and Passion at the centre of the earth. One by one, Madness found them all – except Love. Madness was getting desperate, unable to find Love.

Envious of Love, Envy whispered to Madness: «You only need to find Love, and Love is hiding in the rose bush.»

Madness grabbed a wooden pitch fork and stabbed wildly at the rose bush. Madness stabbed and stabbed until a heartbreaking cry made him stop. Love appeared from the rose bush, covering his face with his hands. Between his fingers ran two trickles of blood from his eyes. Madness, so anxious to find Love, had stabbed out Love's eyes with a pitch fork. «What have I done! What have I done!» Madness shouted. «I have left you blind! How can I repair it?»

And Love answered: «You cannot repair my eyes. But if you want to do something for me, you can be my guide.» And so it came about that from that day on, Love is blind and is always accompanied by Madness.

Psychology

Buddhi is the factor in the psychological apparatus which prevents a person from acting impulsively.

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This is highlighted in Katha Upanishad (1.3.3) where the atma is said to be the rider of the chariot of the human body, buddhi to be the charioteer, manas to be the reins and senses to be the horses drawing the chariot. Thus, buddhi as charioteer discharges the cognitive and emotional functions and arrives at decisions. Ahankara or the 'I' feeling comes into play whenever buddhi makes a positive or a negative judgment.

Soul	रूह	आत्मा	rider
cognitive and emotional impulses	जज्बात	बुद्धि	charioteer
Mind	अकल	मन	reins
Senses	एहसास	इंद्रिय	horses
Body	जिस्म	शरीर	chariot
thought			wind
idea			lamp
ego			flag
desires			clouds
consciousness			earth
			sky
anger			fire
ignorance / unconscious mind			darkness
subconscious mind			
conscious mind			light
internal speech (formed without objects)			
external speech / words of god			
heard knowledge / heard from god			

- Still chariot meditation
- Destroy chariot kill his physical body
- Weak chariot weak body
- Strong chariot strong body
- Broken chariot broken body
- Broken horses blind , dumb or weak senses
- Control horses control senses
- Wild horses wild senses
- Horses running wildly senses deviating
- · Reins control
- Loose reins loose control of senses
- Strong reins strong control
- Charioteer weak -
- Charioteer dark lazy , kills , eats too much
- Charioteer king desires , stops , attachments
- Charioteer truth sattvic,

Soul sitting down	sad
Soul standing up	happy
Soul jumping	enjoy
Soul burning	anger
Soul cool	peace

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Soul leaving chariot	sacrifice
Soul running away	fear
Soul moving towards	courage
Soul touched by air or wind	
Soul touched	
Soul self satisfied	
Body + soul - move together is self confidence	
One soul to other soul + trust	

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