

Gunarchana / An offering of our Inner Qualities



Focus of the month

April



Kshama (Forbearance)

Kshama is Everything in the World

Helps to get along and work with others

The greatest power for a human being

Kshama (Forbearance)

As prescribed by Swami

Patience

Harmony

Tolerance

Kindness

Forgiveness

Know no Hatred

Equanimity

Tranquility



True & Selfless Love

Compassion

Understanding

Live Together

Sympathy

Contentment

Peace

Self Restraint

Spiritual pointers as undertaken by members for application in daily life

Remember more doubts you have, lesser *Kshama* you have.

1. Don't be too hard on yourself. Take small steps and understand the need for moderation. Set your own pace on this journey.
2. Asking for *kshama* (forgiveness) is as important as forgiving others.
3. Develop Detachment through self-inquiry.
4. The world is my mirror: "the good and bad I see in the world are just my own reflections."
5. Change expectations to change judgment into tolerance and compassion.
6. Forgive and forget; bearing everything because we treat it as God's will.
7. Face diverse problems with equanimity. *Sahanam* means bearing without retaliation.
8. When conversing about anyone/anything, use the 3 filters:
 - o Is it the truth or just rumors?
 - o Is the information something good or bad about that person?
 - o Is it useful to the listener?
9. Allow yourself to be held in His hand.
10. In personal conflicts, deal with the problem/situation rather than the person.
11. At the end of the day, setting a family scorecard helped each other focus on areas of improvement.
12. In addition to adjusting behavior to be calm on the outside, practice to be calm on the inside.

Gauge/Measure the value of the practice (*kshama* quotient)

Below are five practical statements from Swami on *kshama* (forbearance). For each one, circle an option to indicate as to how frequently you see yourself practicing them in your daily life.

1. *“If I develop kshama as Swami says, and my life gets packed with troubles, how will I survive?”* Summer Showers 2000. How frequently do you see yourself with this doubt?

Never Seldom Occasionally Frequently Regularly

2. *“Constantly ask yourself, ‘Is my kshama getting strong or weak?’”* Summer Showers 2000. How constantly do you ask yourself?

Never Seldom Occasionally Frequently Regularly

3. *“Realize that your failure is simply the result of lack of sufficient effort on your part.”* Summer Showers 2000. How often do you realize and accept the above fact?

Never Seldom Occasionally Frequently Regularly

4. *“In every spiritual endeavour, you must make the resolution, ‘This I MUST achieve; this virtue I SHALL acquire.’ This is the way to prema and kshama.”* Summer Showers 2000. How often do you remind yourself of the above resolution?

Never Seldom Occasionally Frequently Regularly

5. *“If bad thoughts arise in you, resist and say, ‘These thoughts are coming because I am deficient in kshama. Let me counter the deficiency.’* Summer Showers 2000. How many times are you successful in resisting as explained above?

Never Seldom Occasionally Frequently Regularly