



Everything happens for a reason. Even if you fell into the bottom of the pit, there is a lesson for you to learn.

When you experience suffering, if you honestly self-inquire and observe, you will find that most of the suffering comes from you tormenting yourself for getting into the situation or blaming others for it.

Do not poke the wound, rather allow it to heal. Create the supportive environment for it to connect with the whole.

But how do you find a ladder to get out of the pit?
After all, no prisoner can break oneself free from prison...

For this purpose you have been given the gift of community.
The family member, , the friend, the neighbor, the one who reaches out to you, is the soul that is meeting your soul. The Connection to The Infinite within you, and The Infinite in everything and everyone.

Even if right now the connection to your innermost has encountered a temporary blockage, The relationships that your community offers, provides you with an opening, through which the light breaks out from within and liberates you to serve your life's calling.