



Go to the centre of the storm

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FIGHTING YOUR WAY THROUGH. AT THE
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AT THE ENTIRE STORM AROUND.

IN SANSKRIT WE SAY WHENEVER A PROBLEM COMES
ONE SHALL BECOME 'UDASEENA' i.e. be indifferent.
BUT UDASEENA'S ROOT MEANING IS
① UD = UP ABOVE
ASEENA = BE SITTING
IT MEANS YOU JUST DON'T BE IN THE MIDST OF
PROBLEMS, YOU GO UP – ABOVE THEM.

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Aseena = Be sitting

It means you just don't be in the midst of problems, you go up – above them.