

Go to the centre of the storm

AROM	THE STORM IS BLOWING ALL AD YOU, HEAD FOR ITS CENTRE TING YOUR WAY THROUGH AT THE
	ON CENTRE YOU are unappealed as look
	the entire STORM AROND.
one show	In SANSKAIT WE SAY NHENEVER & PROBLEM COMES V bromp "UDASEENA" is the indifferent. BUT UDASEENA'S FOOT meaning a BUD = UP ABOVE ASEENA = BE SITTING IT means you just don't be in the midse of footbears, you go up - about them.

When the storm is blowing all around you, head for its centre. Fighting your way through. At the storm centre you are unaffected and look 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

Ud = Up Above

Aseena = Be sitting

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