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Dada Bhagwan Parivar

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Obstnacy



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Editorial



Those who are straightforward (compliant) and simple achieve straight and simple liberation. For any man who comprehends these statements of such a Gnani Purush, his liberation becomes easy. Gnani Purush Dada Bhagwan says that obstinacy is an obstruction in the path to liberation, and if one can straighten out, then one can become God. One has to become straightforward (compliant or compromising) to attain moksha / happiness, either through our own understanding or after taking a beating from others.

If you admit to your obstinacies, they will diminish, but if you deny them, they will become stronger. You can only win over obstinacies by acknowledging and then 'seeing and knowing' them.

When a true statement that is satisfying to the heart is not accepted, that, absolutely is the nature of obstinacy. Obstinate people behave according to their own opinions.

Obstinacies end in those who behave according to The Gnani's opinion.

Obstinacy arises in making others bend according to your will. By bending according to the will of others, obstinacies come to an end.

The finest qualities of the prakruti (the innate nature of one's relative Self) are freely available to everyone on the path to liberation. These qualities are ultimate humility, extreme simplicity, spontaneous forgiveness, and total lack of obstinacy. These qualities can be regarded as the measures of spiritual progress.

So come on, in this issue, let us all understand the different types of Obstinacies (stubbornness) in all circumstances and all the situations. Let us learn how to leave our obstinate behavior behind easily and be on the straight path to liberation!

- Dimple Mehta

1 Although a matter is acceptable to the heart he rejects it. He follows his intellect!

“Mummy, Papa, why are you inviting everybody to attend my Birthday Party at home? My party should be at a restaurant!”

“Listen Shashank, we can be at the restaurant only for a limited time, whereas at home we can have the party for as long as you want and play games too. We can decorate the house any way you want it, son”. Shashank actually liked what his father said. However, he was bothered with the thought that all his friends celebrated their birthdays outside, so how can he do so at home! So he said to his father, “Whatever your reason Papa, if you do decide to have the party at home then cancel it!”

Examples of defiance



2 Really speaking, obstinacy is considered egoism. It is an offshoot of the ego.

What is egoism? The one who runs away from God! As the ego increases, so do words such as obstinacy, pride, boastfulness and arrogance, come into play.

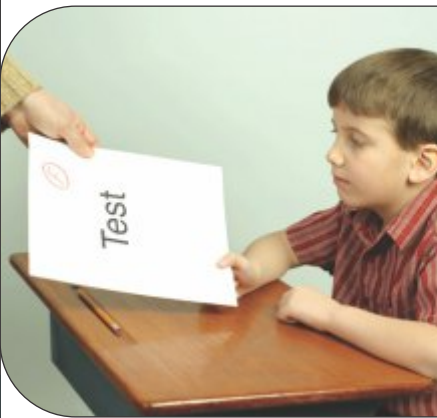
Kamal's parents worked hard, day and night to get him admitted into one of the best schools in the city. As time went by, Kamal stopped his parents from visiting him at his school. Soon enough, it became his habit to run them down each time he saw them; he even scolded them.



3 To be adamant is kind of obstinacy! When one becomes obstinate over a trifling matter. When Ambalal(Dadashri) was young, he became obstinate with his mother and insisted she either give his bhabhi (sister-in-law) less milk than him, or give him more than what his bhabhi had. But his mother did not give it to him. Adamant, he walked away to his room. Dadashri's mother did not go to his room to pacify him. After a while, Ambalal started feeling uneasy. Due to his obstinacy he lost the opportunity to spend his time talking to friends, going to play with friends and attending school.



4 To make another person do your bidding amounts to inviting trouble upon yourself. You also end up hurting that person. Vinay's exams were approaching fast. He insisted on getting a bicycle and determinedly refused to study until he got it. His Mummy and Papa did not like his way of getting things done forcibly every now and then. Therefore, this time, they did not give in to his demand and did not buy him the bicycle. Vinay did not study and failed his exams. His parents were hurt by his behavior and results. In the end, Vinay neither got a bicycle nor did he pass the exams, thus inviting trouble upon himself.



5 In spite of knowing that you made a mistake, you try to hide it. That is the greatest obstinacy. Tapan and Gautam are on their way to college. Already late, Tapan drives his car into a 'One way' street. When Tapan gets caught by the traffic police, he claims that the police commissioner is his father and thus escapes any punishment. However, his friend Gautam reminds him that they were at fault and that he had unnecessarily rebuked the police officer. Tapan laughed it off saying "Of course it was our fault, but if I were to accept it, he would have subdued us with his authority. Haven't you heard the saying, 'Duniya jhukti hei jhukanewala chahiye' (the world bows down to only the mighty) Ha... Ha... Ha... !!!





People see, People learn

<http://tinyurl.com/peoplesee>

This video illustrates what our future may look like, depending on the examples we set to others. Children learn by example, and so do adults. This knowledge is true power, but have we been using it for good or bad?

“Children learn by trying to do something, by failing, and by being told about or by copying some new behavior that has better results. This perspective is founded on the simple but central insight that children are trying to do something rather than to know something. In other words, they are learning by doing.” – Dr. Roger Schank, from Engines for Education. Influence of our role models on behavior is something of particular interest to psychologists. More specifically, let's look at the research conducted by

Bandura and his work into Social Learning Theory (SLT) regarding the imitation of aggression.

Children imitate behavior that they see around them: talking on a phone, body language,... smoking, violence, so make sure that you're setting a good example. There's plenty of psychology behind this and it can be related to 'aadai'(obstinacy).

SLT simply states that a person will imitate the behavior of a role model, and this behavior will continue if they receive positive reinforcement of that behavior.

Applying this to aadai(obstinacy), we can ignore all of the more complex arguments that would have us believe that criminality is down to biology, genes, neurotransmitters or such else – it's simply a learned behavior, imitated

from role models. When a person sees a role model performing a behavior and then receives positive feedback this is remembered. If that person has the chance to imitate this behavior they will. If they subsequently get positive reinforcement for this imitation then the chance of them repeating this behavior is increased.

Through the above experiment, we can boldly state that we all have learnt our behaviors from our role models.

Normally, a child sees his parents and teachers as their role models. So, if we want a behavioral change in our children, let's change ourselves. As Dadashri has said... "Maa mulo, baap gajar, chhokrao safarjan kya thi thay?"(If the mother is a radish and the father is a carrot how can the children be apples?) Also, let's refer to this conversation with Dadashri...

A religious personality projects religion; the son imitates his father and learns from that

Questioner : When children grow up, how are we to instill our religious values in them?

Dadashri : Children will learn whatever they see in you. So if you become religious, they will too. They learn from watching you. If you smoke, they will do the same. If you drink alcohol or eat meat, they will too. Whatever you do, they will imitate. They want to imitate and even go beyond their parents' deeds. What does a son wish for?

Questioner: That I should be better than my father!

Dadashri: Yes, if I try to surpass my father it would be challenging! Thus he would surpass the father in drinking alcohol as well as in eating meat; so he would imitate the father in every way. You wish to instill good values in your children don't you? Do you eat meat? Do you have intoxicating drinks as well?

Questioner: No

Dadashri: Then you need not worry. Your son will not go astray. You should only tell him; "Son, you should surpass me in everything that I am doing." So your son will observe and imitate you. He will see that you don't drink alcohol, or smoke cigarettes and that, he will learn, but the son of a father who drinks alcohol cannot stop his son from drinking. He may be unsuccessful. Although he is not allowed to try it, his son will believe that it is a tasty drink since his father is drinking it. He asks himself, that if his father is enjoying it, why is he denied it? So he ought to have it! Thus he decides to have it anyway. Therefore we must display noble values. How can we behave in a primitive manner?

So, if aadai is learnt from observing, saralta (compliance) can also be learnt from observing. What we can do is be in the company of saral (compliant) people... Saints or our Gnani Purush.

What a surprise

“What a surprise!” Ronit exclaimed! He was startled at seeing his Mama and Papa, his brother Rohit, and his friends Sujay, Viraj and Manav at home waiting for him. Ronit, who had just returned from college was full of joy.

“Sorry Mama, Papa. I had to leave for college early this morning due to my project. Besides, last night you both came home so late from uncle's house, I did not wake you, and therefore left without meeting you. I even ran quite late this evening after college because of the project!” Said Ronit as he touched the feet of both his parents.

Lovingly running her fingers through Ronit's hair, his mother said, “Dear, have you eaten anything since morning?”

“Today, his stomach will be full even without eating!” As he said this, Ronit's father dropped something into Ronit's pocket. An astonished Ronit put his hand in his pocket and pulled out a key, while his father signaled towards the backdoor. Ronit at once ran to the back door. Opening the door he burst out in disbelief, “Oh my God! A Royal Enfield! Am I dreaming?” Very gratefully he said, “Mama, Papa, thank you very much!... Rohit, come here and look at our bike!” Ronit called out to his twin



“Not ours, it's yours. I have my Splendor.” Said Rohit angrily pointing to his bike. “Brother, you are mom and pop's pet, so you got a Royal Enfield. I am not so fortunate.” Hearing these words, their parents were shocked. In a very low voice mother pacified Rohit: “Son, all parents treat their children equally. Last month, on your birthday, we wanted to give each of you a bike. But because of a sluggish market, I was unable to draw enough money from the business, therefore I decided to give it to you a little later. Maybe you thought that I was dragging my feet in the matter, so you threatened us by saying that, 'Until you buy the bike for me, I will not put any food in my mouth nor drink water.' We had to give in to your obstinacy!”

“For this bike there was a long waiting period, so from whatever was available at the time, you decided on, and chose the Splendor. We managed to pay for your bike with great difficulty. Through all this, Ronit did not utter a word. We were not worried about him. Last week we procured a good order in the business and were able to put aside a good amount for his pending bike and both of us (parents) went to look for it. We both liked the Royal Enfield. Even though its price was high, since Ronit had bowed down to circumstances and time, we were happy with him and bought the bike.”

On hearing all this Rohit was angry with himself and felt burdened

from within. He was looking at both the bikes alternatively and regretting his behavior.

“Wow, Rohit! What a bike! What a choice! One must say that you are indeed very Understanding!” said Sujit laughing sarcastically. Everybody was aware of Rohit's stubborn nature. He would always have his way; whereas Ronit was just the opposite; absolutely easy-going, never obstinate in any matter. He was dear to everybody. He was always happy. Nobody was willing to form a friendship with Rohit whereas Ronit had a large circle of friends. Yet, Ronit would disregard his brother's behavior and take Rohit with him to meet his friends.

All Ronit's friends were glad in their heart of hearts and felt that Rohit deserved what happened to him. Rohit was feeling very hurt within. His heart was burning to see that his favourite vehicle belonged to his brother. However, Ronit understood it all. With a smile he said, “The Splendor is indeed a good bike... and you are very considerate that you helped save mama and papa's money. However, neither is the Splendor yours nor is the Enfield mine. Instead of riding the same brand of bike, it would be better to have two different brands. We will both have the advantage of riding both brands. Won't we, brother?” Hearing this, Rohit's face was aglow with a smile and he rushed to hug Ronit. Once again, Ronit displayed his simple easy nature that left everyone dumbfounded!

Experience

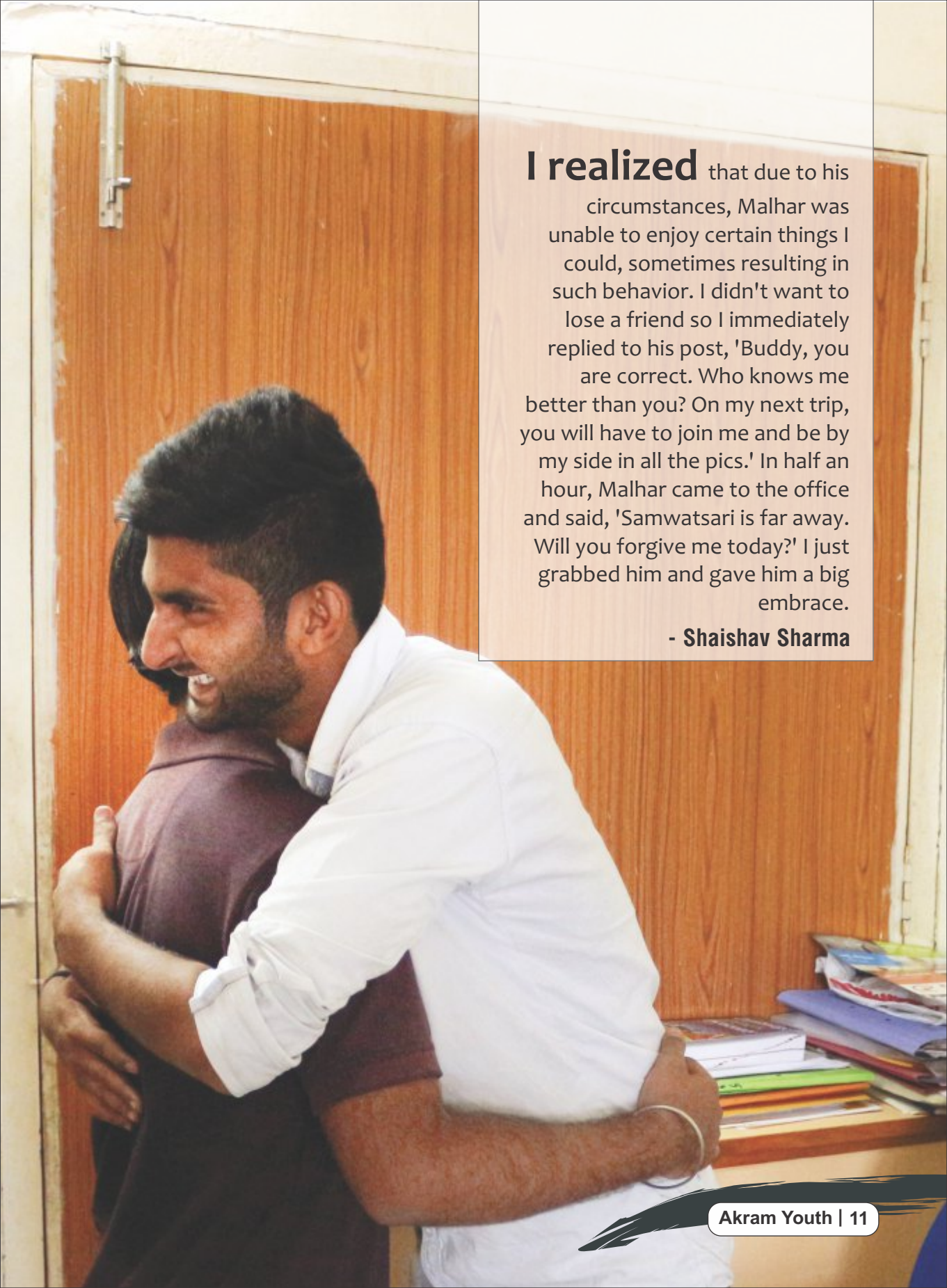


Last month, I went to Ladakh for a trek, where I had a great time. I uploaded some photos on Facebook from Ladakh. Many of my Facebook friends sent a lot of likes and beautiful comments except for one person, Malhar. He wrote many bad and derogative phrases.

At the time, I was very angry and felt like retaliating. However, I wondered why Malhar react in such manner. Upon reflection, I remembered that a....

Few years ago, on Diwali, all my friends opened their presents. Malhar initially was very excited to get a video game, but then, turned very sour upon seeing that my gift was a play station. Suddenly, for the first time, Malhar said shocking things about me, my family, our wealth, and status that brought tears to my eyes.

After a week or so, Malhar apologized and asked for forgiveness. I couldn't let go as his cruel words echoed in my mind. Later, on the day of Samwatsari, Malhar asked for forgiveness. Repenting for my own mistakes, I forgave him and we became friends again.

A photograph of two men embracing. The man on the right is wearing a white long-sleeved shirt and has his arms around the man on the left. The man on the left is wearing a maroon shirt. They are standing in front of a wooden door with a silver handle. In the background, there is a desk with some papers and books.

I realized that due to his circumstances, Malhar was unable to enjoy certain things I could, sometimes resulting in such behavior. I didn't want to lose a friend so I immediately replied to his post, 'Buddy, you are correct. Who knows me better than you? On my next trip, you will have to join me and be by my side in all the pics.' In half an hour, Malhar came to the office and said, 'Samwatsari is far away. Will you forgive me today?' I just grabbed him and gave him a big embrace.

- Shaishav Sharma



Bahubali

Bahubali was one of the eldest 100 sons of Lord Rushabhdev. His 98 brothers had already renunciated. In a fierce battle with his brother King Bharat, during the final moments, he was overcome with strong feelings of renunciation just when he was about to win in combat. The fist that he had raised to kill king Bharat turned towards his own head, to pull out his own hair in an act of renunciation, as he walked away into the jungle for his penance...

After his renunciation, Bahubali decided to join Lord Rushabhdev to take upon himself the discipline to attain Moksha, he remembered his younger brothers, 98 of them,

who had been initiated along with their father. Here, on the path of renunciation, age was not a measure of superiority; those who had taken renunciation earlier were considered senior. Recalling this, he realized that, “If I join them, I will have to bow down to my younger brothers every day. I will have to live as their disciple even though I am older than them. I will not be able to do this. So, I will observe discipline and do penance myself to attain salvation.” Thus, his ego, in the form of pride, obstructed his earlier decision, because of the pride within him. He decided to seek 'kevalgnan' (Moksha) on his own and proceeded towards the jungle for penance. With the sole aim of attaining salvation, Bahubali stood in one position and performed severe penance. He was not deterred from his path even though he suffered the cold, heat, thirst, hunger, pain or harassment from mosquitoes and other creatures. Years passed by like this. Creepers thriving nearby started to grow around the legs of Bahubali, who continued to stand there steadfast. Slowly over time, the creepers covered his whole body except his face. Snakes dug their holes, but Bahubali remained rooted.

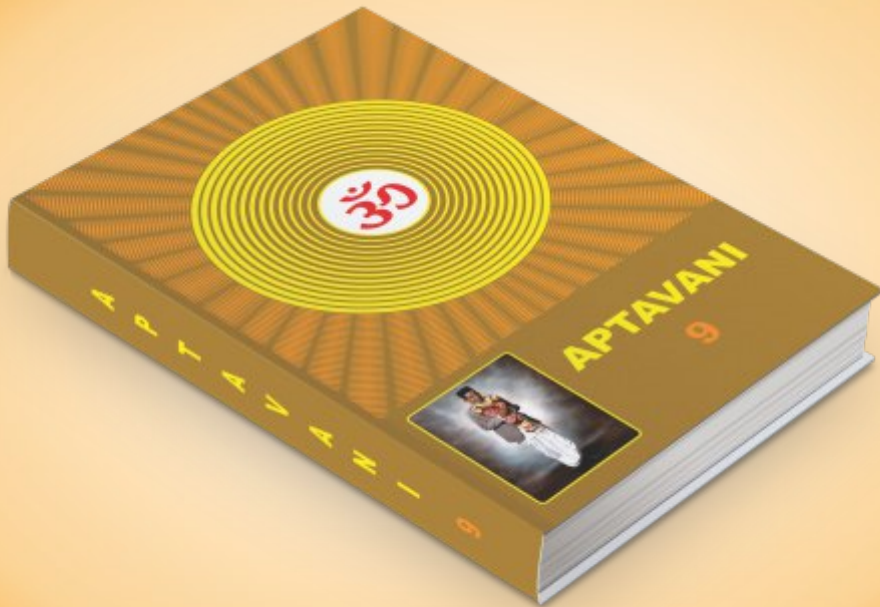
Even after thousands of years of such severe penance, Bahubali did not attain 'kevalgnan'. Meanwhile, Lord Rushabhdev had attained 'kevalgnan' and could see everything through his divine vision. He noticed that Bahubali could not attain 'kevalgnan' only due to his pride and ego. The Lord, who was

very compassionate, prompted a course of action for the welfare of Bahubali. He called upon his disciples, Brahmi and Sundari, who were also Bahubali's sisters, and sent a message for Bahubali with them.

Brahmi and Sundari entered the jungle. Bahubali was still in the same unwavering position doing penance. Both the sisters said to him, “Come down from your high elephant brother, 'kevalgnan' is not attained on an elephants back.” Bahubali who was so deeply involved in his meditation was astonished on hearing his sisters' words.

He wondered, “What are my sisters saying? What elephant am I sitting on? I am doing penance in this saintly posture. But my sisters would never make any baseless or illogical statements, so there must definitely be some mystery hidden in what they are saying.” Upon deeper thinking, and within a few moments, he understood that there was truth in what his sisters were saying. “I am riding on the elephant of pride. That I will not bow to my younger brothers is my pride, isn't that so? I will seek salvation on my own is my ego, isn't that so? One can never attain salvation on the foundation of pride. He understood his mistake and repented sincerely. He immediately decided to go to Lord Rushabhdev and bow down to his younger brothers. After making this decision, just as he lifted his foot for his first step, at that very moment, he attained 'kevalgnan'.

Dada's Book Excerpt



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Questioner: Why doesn't
obstinacy (aadai) leave us?

Dadashri: How can it leave? It has
made a home within you for so many
days and also, there is the unwritten
renter's law of our land that a renter
never leaves once he rents your home.
So how can this obstinacy that has a
home within you, ever leave?

I asked someone, "Why are you
being so obstinate? Be less obstinate!"

He replied, "One cannot survive in this
world without being obstinate." Then I
told him, "Even a snake has to become
straight in order to enter its hole, so you
will have become straight (amenable) if
you want to achieve moksha. If not,
people will straighten you out and only
then will you be able achieve moksha.
People will beat you and straighten you
out. So, what is wrong with becoming
straight by yourself?" Do people not
beat us and make us shape up
(straighten up)?

Questioner: Many times, we do not even recognize our own obstinacy, in fact, many times our obstinacy appears as straight forwardness to ourselves.

Dadashri: You would not recognize it. You have to search deep within yourself to see it. You have to adopt an impartial attitude to see obstinacy in yourself.

When someone says, 'Why are you being obstinate?' You may respond by saying, 'Just look at him! He is a fool. Am I being obstinate, or is he being obstinate?', on the contrary, the man is telling you to investigate, so you should. People do not look at their own obstinacy, but they go looking for obstinacy in others. Why don't people accuse me of being obstinate? If they were to see obstinacy in me, they would not refrain from telling me so. The world will tell you what it sees.

Nature of obstinacy

Questioner: How should I understand the nature of obstinacy (aadaai)?

Dadashri: It is when one does not accept that which his heart accepts, and acts according to his own opinion and understanding. 'We' do not say anything to anyone or pressure anyone, and if 'We' ever do, and even then he does not accept it, then, is that not his aadaai (obstinacy)? Is that not acting

according to his own opinion and will? Should he not be following the 5 Agnas (directives) of the Gnani?

Questioner: Really speaking, we must follow the Agnas of the Gnani.

Dadashri: Aadaai (obstinacy) is prevalent. Wherever you look, the worldly problems have arisen because of aadaai. Only 'We' are devoid of such obstinacy. 'We' have come to zero obstinacy. If someone pressures us by saying, "You will have to do things this way otherwise we will go on a fast." Then, in order to prevent them from undergoing the pain and the trouble of fasting, 'We' would tell them, "'We' will do it but do not go on a fast."

Questioner: Is that not called obstinacy?

Dadashri: No, obstinacy (aadaai) is to maintain that 'We will go on a fast.' This is where the whole world is stuck.

Questioner: Is it not aadaai when a person does not follow your directions?

Dadashri: That is indeed an aadaai, what else can it be? Is Dadaji likely to tell you to do anything otherwise? He would only say something if it is for your own benefit. Therefore, you should not be obstinate where Dadaji is concerned.

Experiment

Materials required:

- 2 Bottles labeled '1' and '2'
- 1 Slab of ice
- Water
- Gas stove
- 1 stainless steel bowl
- 1 hammer
- 1 Small chisel to pierce the ice slab

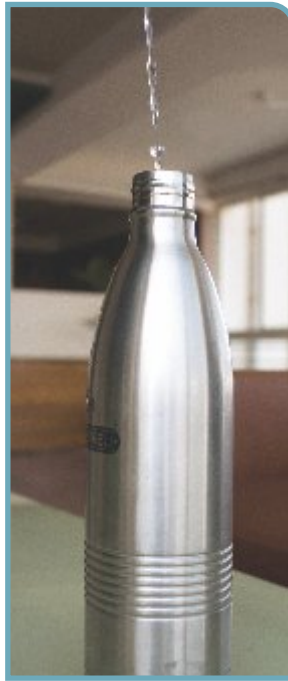
Process:

Step 1: Put the slab of ice into the steel bowl and turn on the gas stove to make it hot. Pour the warm water that you get out of it in bottle '1'.

OR Step 1. Break the slab of ice with a hammer into small pieces and put it inside bottle '1'

OR Step 1. Pierce the ice slab with the help of the chisel and break it into lumps and put that into bottle '1'.

OR Step 1. Put the slab of ice into the steel urn and keep it as is, until the ice melts into water the natural way. Pour the water into bottle '1' after



it melts completely.

Step 2: fill bottle '2' with plain water.

Observation: To fill up the water in bottle '1' we had to work with the ice because it is in its solid and hard state. Whereas, bottle '2' was simply filled with plain water and did not require any work or extra activity.

Result: Ice is solid and hard, and water is liquid, soft, malleable and compliant.

Material Science: Hard elements or people with 'stiff' (solid) and uncompromising natures need to undergo some “process”, so as to attain transformation into becoming more malleable. Whereas, the 'soft' (malleable) people with an 'adjust everywhere' mentality are easily accepted by all.

Spiritual Science: If we retrospect, we find that at times we become adamant and uncompromising on certain issues just like the slab of ice. We become like a rock instead of being flexible. We tend to act tough rather than compromise



with simplicity. As a result, we have had to face many difficulties or have had to bear insults and suffer heavily on account of those inflexibilities. Later, there may have been instances when we had to repent for our behavior. But why does it happen in the first place? The answer lies in the Ice and water example.



Dadashri says,

“If you don't mend your ways, Nature will do it the hard way.”

So let us nurture the quality of simplicity within ourselves, so as to be liked and appreciated by all.

The moment we hear the word 'Natural beauty' - the images of mountains, the sea, clouds, trees, gardens, flowers, etc. appear before our eyes. If we are asked to choose a place to go, some may opt to go to a hill station and others may want to go to the beach. Others may opt to see a water fall. Any guess as to why these are so pleasing to us? If

there is the smallest of gaps between the walls of a mountain, water has the tendency to make its way and flow through it. Water is the best example of fluency. If the water is stored in a clay pot, it will not be difficult to transfer it to a glass or a bottle or an urn. It simply accepts the shape of its container and there is no need for any work to store it. It is flexible and does not bear stiffness. Similarly, people with adjustable and flexible natures can deal with any situation easily. It is this quality that makes them beautiful, and not their looks.

Solutions to Aadai(Obstinacy)

Questioner: What is 'aadai' (Obstinacy)?

Dadashri: 'Aadai' means if you have had a disagreement with someone at night and in the morning if that person comes to talk to you, and you do not answer. You say, 'I will not speak to you,' and become obstinate. Hey! Let bygones be bygones. Yesterday, it was Saturday, today it is Sunday. If you carry the incidents from Saturday to Sunday then that is obstinacy.

'In this world, no resolution can be found when obstinacy is maintained with obstinacy. A solution comes when straight forwardness (yielding or compliant nature) is used with obstinacy'

But, if you don't know you have made a mistake, and you deny it, then it is a different matter. However, if you know you have made a mistake and you try to cover it up, or protect it, then that is the greatest obstinacy. For example, if you had a quarrel with your friend and ended up hitting him, you would surely realize that what happened was wrong. However, if someone asks, "Why did you hit him?" And you reply, "He deserved it!" Then that is obstinacy.

Not to accept another person's point of view even if it is correct, and insist upon doing things according to your own point of view, is called obstinacy.

The consequences of obstinacy vs obstinacy results in disaster!

Extracts from Mahabharat:

1. Duryodhan trips into the water at the opening of the Pandavas newly constructed palace that had used technology where designs in water gave an illusion of a tiled and polished floor. From the balcony, Draupadi's maid was allowed to snigger and state that, 'A blind person's child is bound to be blind.' This



statement was overheard by Duryodhan who was very insulted. – **Aadai by Draupadi.**

2. Duryodhan could not let go of this insult and planned a game of dice (dyut) that was rigged from the beginning. The Pandavas lost the game of dice and Draupadi was publicly insulted in the assembly of the Kuru Kingdom, where she was pulled into the assembly by her hair and an attempt was made to disrobe her. – **Aadai by Duryodhan.**

3. Following this incident, the Pandavas pledged to take revenge. - **Aadai by Pandavas.**

4. In response, Duryodhan refused to give even five villages to the Pandavas to enable them to live peacefully. – **Aadai by Kauravas.**

5. This resulted in the Mahabharat Yudh, or war wherein millions perished.

Enemies died, enmity lived.

॥ रामायण ॥

One is called straightforward, if you turn whichever way you are twisted (adapt to instructions given). For example, if you are told only once that you must not take another person's belongings without his permission, then you become such that you always ask before you take anything; that is straightforwardness.

Extracts from Ramayana:

1. All the 3 queens of Raja Dashrath had brought up Ram as their own. A time came when everybody in the Kingdom of Ayodhya accepted Ram as fit to become King. Upon instigation from her maid Manthara, Queen Kaikeyi puts forth a demand to grant the wishes that were given to her by Raja Dashrath that Ram should be sent to the forest to spend fourteen years in exile. – **Aadai by Queen Kaikeyi.**

2. King Dashrath was forced to honour this wish of Queen Kaikeyi as a result of a promise he had made to her many years ago when she had saved his life in a war. This resulted in King Dashrath commanding his loyal and obedient son Ram to go into exile. – **Saralta (compliance) by King Dashrath.**

3. Ram lovingly adheres to his father's command and leaves the palace accompanied by his bride Sita and brother Lakshman. He bears no grudge against Kaikeyi. Instead he showers the same love and respect on her as he had before this incident. – **Saralta by Ram.**

4. Subsequently, Kaikeyi accepts her mistake and deeply repents for it leaving no room for enmity. – **Results in Queen Kaikeyi becoming Saral.**

**Straight forwardness
resolves disaster!**

Do it yourself

Kashay Shooter Game

Step 1 : Ingredients

- 4 Matches
- 1 Rubber Band
- 1 Pin
- 1 Post it note



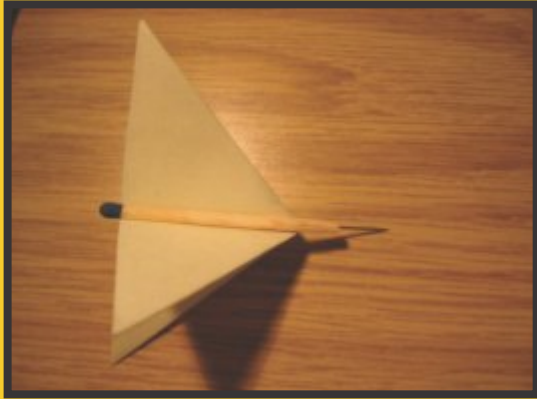
Step 2: Take a post-it note and fold it just like in the Pictures



Step 3: Stick the needle



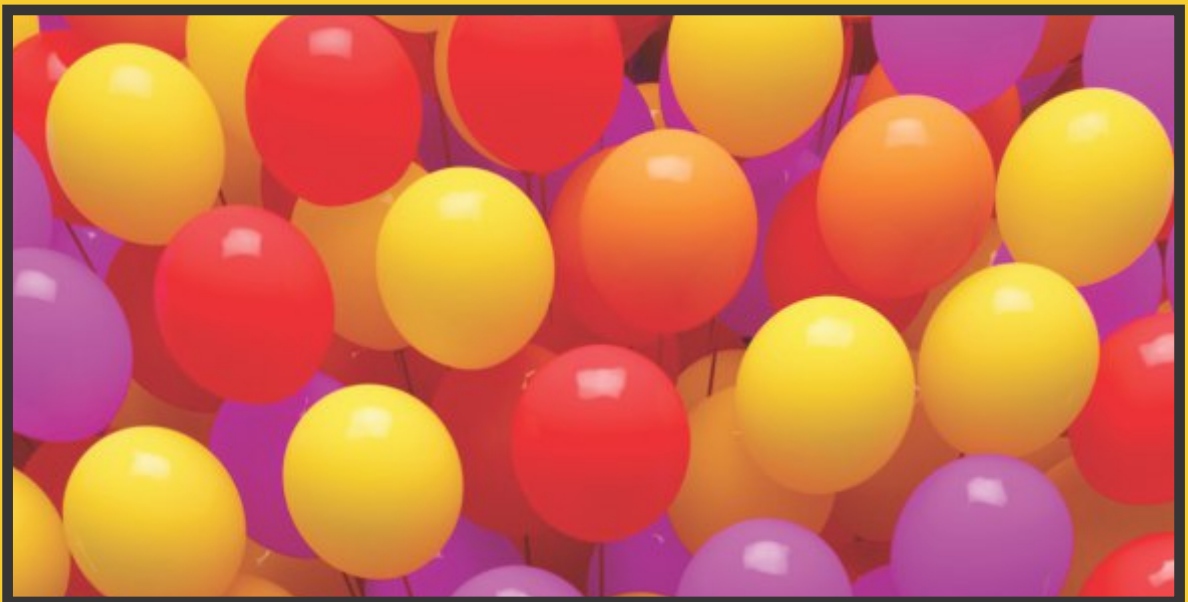
Stick the pin into the post it note. The pin is the tip of the dart. The length of pin that sticks out depends on your matches' size. See the picture below to get the idea.



Step 4: Place the matches on the 4 folds of the Post-It note. Hold them together.

Step 5: Use the rubber band

Secure the 4 matches with the rubber band. The rubber band should be tightly wrapped around the matches.



Blow balloons : write names of kashay – Anger, Pride, Greed , Deceit, - and use your homemade darts to burst them.

Incidents

1 - When I was small, my mother used to give me household work, and on her return, if it was not done, she would get angry. Then I would get angry and would refuse to eat my food and harass her more by being obstinate and say to her, "You get angry with me even though I do much work!"



2 - Whenever I would give suggestions to my friend, and if she did not follow them or if she said that she could not accept the suggestions as they were incorrect, then I would stop spending time with her for a while.

3 - When I asked my boss to grant me leave, and he refused, I was unable to do my work sincerely and correctly.



4 - When we have younger siblings, they usually help us to do some of our work. Sometimes, when they refuse, I get angry and scold them, and I refuse to help them when they need my help.

What is your loss when you become obstinate?


1 By being stubborn, our mind experiences tension and that gives rise to irritation within us, as well as suffering. After realizing that I was obstinate, I would repent a lot, as that I should not have given pain to other. For a while there is hostility between me and the other person. Gradually, our amity and trust towards each other diminishes.

2 Sometimes, even when there is something to gain, you close the door on it, losing even that little which you could have gained!



**OBSTINACY CAN BRING ONLY PENALTY
AND NO REWARD**

What kind of solutions do you have to fight against obstinacy? Share with us your solutions or your experiences in combating aadai at the following mediums...

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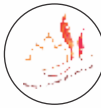
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