



## What is the Root of all the Sorrows and Grief within us?

- Can it be our expectations?
- Can it be our unfulfilled desires?
- Can it be a lingering thought which is deeply within us?
- Can it be our conditioning or sanskaras?
- Can it be our past brought up?
- Can it be our attachment to certain desired results?
- Can it be our ignorance and resistance to change?
- Can it be our ineffective way of our communications?
- Can it be our attachment towards objects, people and possessions?
- Can it be our attitude or ego?

Every thought arises from our brain and every thought is connected to the feelings in our mind. We may have lot of thoughts and desires, chosen consciously or even subconsciously. We may be aware of them or they would be unnoticed and would keep being with us unaware. The desires are the lingering thoughts we never abandon. They are like the building blocks of our so called world. We keep making them bigger and bigger day by day. We keep building the walls of desires around us and eventually we find ourselves completely trapped in it with no escape doors.

Expectations are the desires we believe we have the right to see fulfilled. The expectations are developed due to our own conditioning by various factors. It can be expectations from our own self, based on our education, sanskaras, upbringing, society, religion, and upbringing.

The other types of expectations is that we have from others, in terms of reciprocation of love, things, words or gestures. These expectations are based on what we have been told and taught or learnt unsaid or observed silently.

Some other type of expectations are the ones that are designed to give stress and those are others expecting from you and you reaching towards it. It can be constant pressure from family, friends, peers, society, work, boss, colleagues, children, spouse, and parents.

Thoughts can be chosen. Thoughts can be controlled. Thoughts can be created. They can be chosen with our will.

The feelings attached to them can be also conditioned to allow us to be without sorrow and grief. The desires sustain the thoughts. Expectations can ruin the world. We can make our world the most beautiful and peaceful, it is on us. These are the products of the mind.

It is on us to make choice, to have ignorant and restless mind or to have peaceful and awakened mind.

It is on us to let go the expectations that ruins our world.

It is on us to filter the ones that would strengthen our consciousness and keep us compassionate.

It is on us to make the list of expectations and be aware of how much to expect understanding the limitations for all.

Awareness alone is sufficient to condition us. Giving up ego and self centered thoughts will also allow us to be pain free from the sufferings of sorrow and grief. Allowing ourselves to connect with our purified energy and rightful morality will give us a way to live harmonious life with our own self and with others.

Understanding the laws of truth, laws of love, laws of cause and effect, acceptance, non attachment to possessions, communicating in a clear and effective manner out of love and grace can reduce our sorrow and grief. This will not allow us to be our true self but also a spiritual being in the present moment.

***JUST LET GO THE THOUGHTS WHICH MAKES YOU SORROWFUL AND BE AWARE.....***

***Love you all***

*With Divine Guidance*

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