

The Supreme Remedy

This is the ultimate remedial measure. Make a firm commitment to yourself and all divine sources of wisdom that you will sincerely do your best to forsake every action, even the slightest, that harms others. Regardless of the occasion or circumstance, whether the action is one of thought, word or deed, promise that from now on you will do only what benefits others and *never* act upon impulses to harm.

Resolve to *pay careful attention* to the effect on others of whatever you think, say or do. Slow down and notice. Are they disturbed, upset or hurt because of something negative or self-absorbed that I have done? Meanwhile, sustain the loving wish that others only be happy.

Most importantly, do not justify or make excuses for yourself by thinking such things as “Even though it was hurtful, I can allow myself to speak harshly sometimes if I’m really upset” or “considering what they did, they deserved how I responded”. Bear in mind that because the only afflictions you will ever experience come from nowhere else than your own negative actions which are like poison, justifications and excuses are the deceitful cup it is served in.

When due to the strong force of previous habits you break this promise and do something even slightly hurtful or malicious, cast away your pride and own up to it. Don’t punish yourself, put on a gloomy face or indulge in self-pity. Instead, make amends right away and renew your promise to do only what benefits. Be cheerful and enthusiastic knowing that by doing so things can only get better in future.

Understand that this is *the supreme remedy* for sufferings indicated in the present horoscope, the best method to sustain a happy and cheerful mind whatever the difficulties, and that there is *no other way* to fully eliminate sufferings in future horoscopes.

Resolve to make this your life-long project: accept and allow whatever difficulties, hardships and seeming ‘injustices’ occur to ‘wash through you’ and wear down the sharp edges of ego, making you more flexible, tolerant, humble, sympathetic and kind. Use every difficult or unpleasant circumstance to your future advantage in this way.

Monitor yourself with patience, and let yourself feel the joy and satisfaction of any slight decrease in tendencies to anger, malice, jealousy, greed, pride or inattention to the welfare of others. Notice and celebrate any increase in tolerance, patience, kindness and compassion. Let the ‘fire’ of the difficulties release the ‘gold’ from the impurities of the ore to which it was bound, and wash that pure gold to a lustrous sheen with your constant attention to the happiness of others, whoever they may be.

It boils down to this:

- Do actions that are positive and wholesome, no matter how small, as much as you can.
- Avoid as much as you can actions that are negative and harmful, no matter how small.
- Train your mind to be peaceful, kind, flexible, tolerant, content and humble; take delight in the happiness of others.

Remember: every thought, word and deed counts. No excuses. Be cheerful—you have found the only method that can guarantee future happiness, a priceless jewel of inexhaustible and unflinching support.