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## **Let Go our Worries!**

Dear Penfabricans,

Worries bring darkness to our minds, often making us feel anxious, mistrustful, or even physically exhausted. Worries are like curses of darkness. They will not bring light. Instead they depress our feelings and outlook. It is very easy to fall into the habit of making mountains out of molehills. So what can we do about it? Bring a little light by forestalling worries. Think of solutions by banishing worries.

When our mind is caught up in a web of problems and worries, there is great difficulty in finding solutions. There are always many trivial matters that distract us and divert our attention from the most pressing issue at hand. Our perpetual worries about insignificant stuff make us lose focus and thus, become less effective and less productive.

Therefore, it is incumbent upon us to make ourselves free of worries even when we encounter difficult problems and situations. When we look for solutions, we have to concentrate all our attention and be very focused. A clear and detached mind will help us sort things out. With a free and untangled mind, we can easily discern the main points to reach the underlying solution. I suppose the ability to safeguard a crystal clear and unperturbed mind makes a person capable of shouldering heavy burdens and doing great things. To be conscientiously focused is to be constantly successful.

Dear Penfabricans, worry never robs tomorrow of its sorrow, it only saps today of its joy. Let us not dwell on negativity. Optimism and confidence in ourselves make worries go away. Stop worrying. Start living. Have a wonderful weekend providing solutions to the problems at hand.

Thank you.

With kind regards,  
HSTeh.