

Reflective thoughts

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How to Overcome your Difficulties

Fear is nothing more than a state of mind. Here is the key to help one understand the principle by which fear may be mastered. A noted British anatomist was once asked by a student what was the best cure for fear, and he answered, “Try doing something for someone.”

The student was considerably astonished by the reply, and requested further enlightenment, whereupon his instructor said, “You can’t have two opposing sets of thoughts in your mind at one and the same time.” One set of thoughts will always drive the other out. If, for instance, your mind is completely occupied with an unselfish desire to help someone else, you cannot be harbouring fear at the same time.

Editor’s Note

By reflecting on these wise words, we appreciate our healthcare workers who courageously cared for the SARS patients during the outbreak in 2003. Once again we salute all our healthcare workers!

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