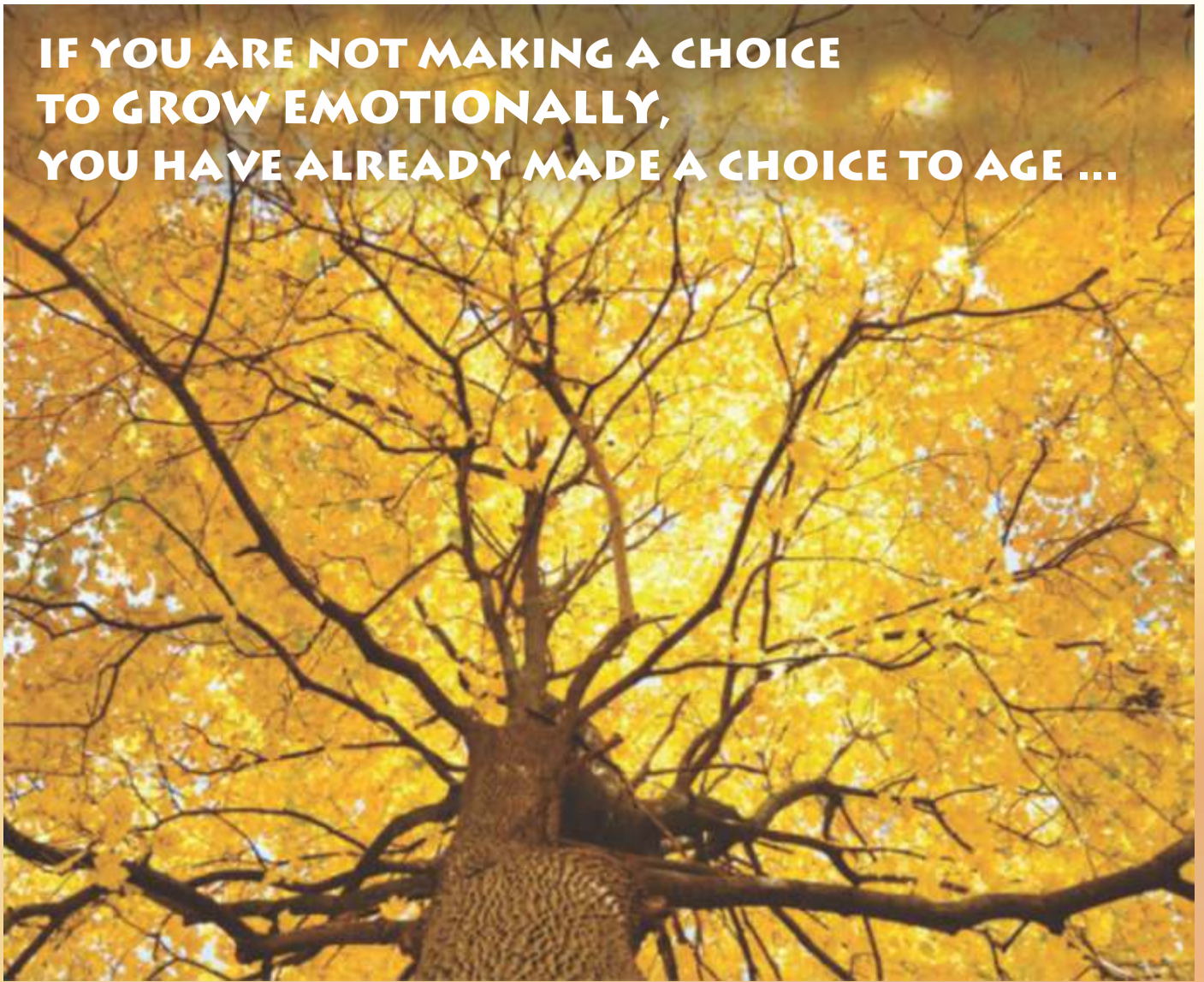


**IF YOU ARE NOT MAKING A CHOICE
TO GROW EMOTIONALLY,
YOU HAVE ALREADY MADE A CHOICE TO AGE ...**



**amrita yoga**
...discovering emotional maturity

During the civil wars in this kingdom, an invading army would quickly sweep into a town and take control. In one particular village, everyone fled just before the army arrived - everyone, that is, except the Guruji. Curious about this old fellow, the General went to the temple to see for himself what kind of man this master was.

When he wasn't treated with the deference and submissiveness to which he was accustomed, the General burst into anger. "You fool," he shouted as he reached for his sword, "don't you realize you are standing before a man who could run you through without blinking an eye?"

But despite this dire threat, the Guruji seemed unmoved.

"And do you realize," the Guruji replied calmly, "that you are standing before a man who can be run through even without blinking an eye?"

Stress or emotional disturbance is the greatest threat to peace in the modern world. *Amrith Yoga* is an attempt to remain spiritually anchored in serenity in the face of turbulence and anxiety. Emotional disturbance has become the epidemic of this new age. To neutralize this Emotional Bomb, which is more dangerous than the nuclear one, one has to have spiritual knowledge. Spiritual knowledge alone is the weapon against all destructive behaviour. Though it gives amazing control, worldly knowledge does very little to help us cultivate emotional maturity. We are obsessed with physical security but lack emotional security. *Amrith Yoga* encourages values that motivate us to improve our human worth as an emotionally mature individuals.

We are suffering from a sense of insecurity and anxiety. *Amrith Yoga* helps us to make more practical use of moral and spiritual insights and to pursue a right life with greater enthusiasm. It is an instrument to renounce our false attitudes and belief systems. It helps to incorporate a new vision of life that is based on emotional and spiritual growth.

We don't have to helplessly submit to our mind being tossed around by these inner storms. There is a way to move from the emotional immaturity to a state of responsive, constantly learning, clear, posed and mature mind. Such a learning mind allows us to stay grounded in our deepest values even in the face of life's strongest storms and uncertainty.

Here are some of the benefits of *Amrith Yoga: Emotional Maturity*.

We choose and act from our core values at all times.

We learn from both pleasant and unpleasant experiences.

We discern between thoughts, words, and actions that cause harm and those that do not, and we choose accordingly. We become emotionally mature.

We know our true nature, the essence of our character, and how to protect it.

We accept gain and loss equally and derive insights from both.

We learn to relax and how to keep external things externally.

We have an inner life in which love can flourish, even if our outer life is filled with challenges.

We learn to speak only what is true in a context, useful, and timely, even during moments of anger and outrage. We discover freedom in stress, anxiety and fear.

We are not controlled by our views and opinions or the story of our past.

We have the ability to soothe ourselves whenever we feel disappointed or overwhelmed by life.



Everything has improved in our new nuclear age. What we see, taste, hear, feel, and smell has improved in manifold ways, expect our values. We do not feel that we are accountable for the lack of integrity in the world. The tense, insecure, violent, fearful, and distressed mood that prevails in the world separates us from our spiritual birthright of indestructible equanimity. The so-called development in the modern world actually makes us emotionally insecure and thus impels us to compete with the rest of humanity.

Our progress has no meaning without emotional maturity based on living values. There is no other way to achieve this except by living values. When life doesn't go the way we planned, we sometimes collapse, which can lead us to make poor choices. This chain of events can create a great deal of suffering for us. However, it's possible to relate to the disappointment and difficulty in our lives without stress and anguish. Emotional immaturity is the result of continuously exercising wrong choices. The emotionally immature mind reflects anger, doubt, hate, anxiety, frustration, irritation, restlessness, worry, insecurity, obsession, etc.



ANUGRAHA LEARNING & RESEARCH FOUNDATION

No: 7, Sundaram Brothers Layout, Trichy Road

Ramanathapuram, Coimbatore - 641 045.

+91 99430 39393 | resources@anugraha.in

[Twitter](#) anugraha_values [Facebook](#) anugrahalivingvalues [YouTube](#) anugrahalivingvalues