



## **Making decisions without stress**

**PARAMAHAMSA NITHYANANDA**

IF YOU take decisions consciously, you will never have any stress! Stress happens only when you take decisions unconsciously, when engrams interfere with your decision-making. Engrams are 'engraved or past memories' that can distort or disturb your decision-making capacity.

If things are straight-forward, you can take thousands of decisions and yet be completely relaxed. Your life will flow — just like a river! But if you are filled with engrams, after taking just two or three decisions, you will be completely tired. You don't even have to work, just sit in your chair and think about work, and within half an hour, you will have shoulder pain! This means you are caught with engrams. They do not allow you to take decisions.

When the file on which a decision has to be taken takes a quantum leap from the mind to the decision-making zone what we call 'ego', each engram writes its opinion on the file! The more the number of engrams, the more the number of decisions. So when the file reaches the ego, it is completely confused! When three hundred opinions are there on the file, what decision will you take? Your ego will only say, 'Do whatever you want, just leave me alone!'

If you continuously take decisions with no clarity, and you are sitting in the leader's chair, be very clear, not only will you be suffering, you will be making others also suffer! Everyone is a leader in some way or the other. Either you are the leader of your team or you are the leader of your house.

One more thing: a person who is caught in engrams, who is always suffering with engraved memories, can never relax or have a vacation. You

can see in your life, early in the morning when you get up and go from your bed to the bathroom, you might start brushing your teeth but your mind will already be in the office! If you are sitting in the office, the mind will already be in the beach. One thing is for sure: if your body is here, your mind is not here! A person filled with engrams can never relax. If a person is not in a relaxed state of mind, how can we expect creativity or unbiased decision-making from him? One who is caught in his engrams can neither have a vacation, nor can he live his life completely. He will only be passing judgement about each and everything and collecting more engrams.

If you just drop your judgement about yourself, about the people around you and the situations, you will be free from stress and decisions will simply happen in you consciously and effortlessly. You will start enjoying life as it is.

Be Blissful!

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