



Lamenting the Past: Learn to Move Forward

Lamenting the past is a trap. If we keep lamenting, then we will not be able to move forward with positivity. The purpose of this tool is twofold: First, to learn important life lessons from painful experiences to enable us to move forward with positivity. Second, we can take inspiration from the lives of saints to learn how they reframed a challenging situation by listening to Swamiji's video lectures on lamentation and other topics.

Part 1: Moving from Lamentation to Positive Reframing

Painful Past Situation	What do I Lament About? (Disconnects Mind from God/Guru)	Positive Reframing (Connects the Mind with God/Guru)

Part 2: Learning to Positively Reframe a Difficult Situation from Saints

If we change our mindset and think of difficulties as a blessing of God, we will perceive reversals as His special grace. An example is provided for your reference.

One time, Saint Tukaram's wife was very angry and hit him on the head with a sugarcane stick. He perceived it as God's grace by thanking the Lord for giving him such a wife that he could never be attached to the world. This approach to dealing with a challenging situation is more helpful in developing acceptance and moving forward.

Think of an example of some of these saints (noted below) who positively reframed a difficult situation. What can we learn from them and how can we practice their mindset by implementing their inspirational examples? Use this tool to practice.

Saint	Any Challenging Situation of the Saint	How I will Implement the Knowledge in Life
Saint Soordas		
Saint Tulsidas		
Saint Dhanna Jat		
Saint Usman		

You can add more rows and include inspirational examples from the lives of other saints.