

Rising Above the Emotional Rollercoaster

~ Saheli Sheth (Peoria, USA)



The Mahima Box from childhood.

As I stood outside the airport, two kids eagerly dashed past me. They delightedly cheered, “We get to see Daddy today!” as they ran inside the airport. I felt joyous witnessing such a sacred moment.

While the kids were running inside, an elderly man was exiting the airport doors. Carrying quite a load in his hands, he lost his balance, crashed into the door, and fell onto the concrete. Others rushed in to help him, and I assumed this was his family. After he got up, however, he turned to the right while the helpers turned to the left – and the elderly man walked toward his car, alone. I felt despair, sadness, and concern at what I had just witnessed.

Within less than a minute of each other, I had felt two strong, contrasting emotions: happiness from the kids' reunion with their dad, and sadness from the elderly man going home alone after his fall. My mind's two visitors – happiness and sadness – always come hand-in-hand, leaving me on an emotional rollercoaster as I swing uncontrollably between them both. My emotions were abruptly pushed to the side by an unmistakably clear thought: ***“This is exactly what satsang is trying to protect you from.”***

Satsang protects us from the highs and lows of life by giving us mental composure. I think back to Sadguru Sant Param Pujya Manojdasji's word of choice: ***equanimity***, the ability to be stable during what we perceive as good and bad.

Our guru is so loving that he doesn't wish for us to experience these chaotic highs and lows; instead, he wishes for us to experience stability. Through his teachings, he highlights how to attain such a state.

My family was inspired by one such teaching of Guruhari Sant Bhagwant Sahebji - his signature slogan, ***“Think positive, rest will follow.”*** My parents repurposed an empty shoe box, put a small slot in it,

and renamed it the “Mahima Box.” Once a day, each family member wrote something they appreciated about each other and slipped it into the slot. At the end of each month, we would gather to open the box and read the notes. Each of us left the monthly *mahima* gathering by feeling more appreciated, positive, and stable.

Sahebji's teachings to attain stability extend beyond *satsang*. Recently, one of my teenage clients shared with me, “My mom says that talking to me is exhausting!” Given that 75% of their interactions were arguments, their mother-daughter dynamic needed something to counteract the current negativity. They decided to become intentional about creating positive moments between the two of them. A box like the Mahima Box was suggested as a way to have more positive interactions. The mood in the room lightened, and the daughter couldn't wait to go home to decorate a box for the family!

Some prompts that may be helpful to consider for either a written or verbal positivity exchange within the family:

- What are you thankful to God for creating? (*Libraries, nature, sunshine, family*)
- What are we thankful to each other for? (*This is a chance to appreciate each other - “Thank you for taking care of the dishes,” “Thank you for greeting me with excitement when I came home today”*)
- What are you thankful to yourself for? (*This is a chance to appreciate personal accomplishments - size doesn't matter! Nothing is too small!!*)

By seeing the positive within every circumstance, life's highs and lows have less of an impact on us, as we are able to tap into an eternal bliss. After all, this is all that **stability** is - **seeing the positive in every situation, knowing that God's divine hand scripted it.** ♦