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**SUBJECT: Feeling Overwhelmed, <firstname>? Create Your Own Impenetrable Island!**

When we live with attachments and desires, we get washed away by floods of inner turbulences. If you choose to try to fit into society, living by the rules of fools, then you have to expect to feel like you’re drowning; until you finally do.

There is no true happiness through others. Each of us must first come to know ourselves if we ever want to be able to help others. If you do not know and love yourself first, then how can you expect to be able to show love to others?

If you are feeling overwhelmed in this life, then perhaps you should meditate more. When you do, you increase the powers of your inner mind. You fortify yourself from the falsities that surround all of us. You become distinct and compassionate at the same time.

Create your own impenetrable island of contentment by seeing the separation, and unity, between yourself and others. Enjoy the company of like-minded seekers - and forego the company of fools. Namaste.