

EVIL. A driver got out of his car at a traffic light and killed the driver in front, who had veered into 'his' lane. **We** find evil only in others, since that's the only place we look - but everyone is capable of evil and it comes to the fore in the oddest of circumstances. **To** look for evil only in others ignores our own nature; it also ignores the nature of the world's problems.

EXPECTATIONS. Many factors contribute to our anxiety and depression, such as attachments, fear, delusions, desires, addictions, greed and egotism. **E**xpectations is one of them; they are a trap that snaps shut as we live life with ever-present wishful thinking. **E**xpectations are developed by an over-active ego that instils a sense of entitlement; we fall victim to the demands of our gross mind (ego) for undue benefits. **E**xpectations foster delusions; they cloud reality and hold us back when we should apply common sense. **E**xpectations - when they're unrealistic - keep us from assessing our prospects rationally; they build up unreasonable hopes that only too often can't be fulfilled. **E**xpectations - when unfulfilled - disappoint, cause anger, inhibit our freedom and hinder our wellbeing.

ex·pec·ta·tion

the strong belief that something will happen or be the case in the future

The stoics say 'don't have expectations, go with the natural progression of things,' and 'freedom is secured not with the fulfilment of desires, but with the elimination of desires.' But this is my favorite 'how strange to be surprised at anything in life.'

*see also STOICISM, SECRET
and go to my blogs 829 and 587
about the 'Law of Attraction' and
the corresponding page in the appendix*