

August 1, 2023



**Summer** is the time when our efforts begin to show promise and the path to our goal looks clearer. But success in any part of our life, like in love, career, relationships, or spiritual development is **not** easy. It requires consistent **effort** and overcoming obstacles with persistence. Even though things might look promising in summer, this isn't the time to relax. **It is the time to fertilize our good habits and pull out the weed of bad habits.**

We need to make sure not to be fooled by the energy and momentum of the summer, Our progress is vulnerable and needs protection and regular nourishment. We need to be careful **not** to get blinded by the distractions summer brings with it and keep our focus on our goal and its fruit. Summer is the time of invaders who may want to take benefit of our efforts or ruin our progress. We need to protect our progress like a farmer protects his crop from weeds and pests.

To make the best of our summers, we need to apply what we have learned in winter. With persistent effort, our progress will be fast and visible and we will see the results of our efforts. **Enjoy** the momentum but do **not** give up or get lazy. We need to **motivate ourselves** daily by thinking of the end goal and our reasons to pursue it as well as sacrifice small and quick pleasures to achieve greater and long-lasting happiness. We should take pride in our progress but not forget our final goal. Most importantly we should not think it will always be this easy and smooth. We must not forget our winters.