

## DAILY INSPIRATION

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In accordance with the Sikh faith, three pillars — effort (Uddam), prayer/faith (Ardaas) and acceptance (Rab Da Bhana) — carve the path to peace and harmony. Effort (work) and prayer/faith (God's grace) are two essential tools to achieving our chosen goals. When these goals are not in our desti-

ny to fulfill, we may become disenchanted. As our journey leads us to the third pillar of acceptance, we can choose contentment over disharmony. Once achieved, this monumental pillar of acceptance fills our heart and soul with peace, and just as the melody of various tones surrounds us with a soulful musical composition, human harmony envelops us with the powerful energy of love.

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