

EXPECTATIONS. Many factors contribute to our anxiety and depression, such as attachments, delusions, addictions, fearfulness, selfishness & egotism. **E**xpectations is one of them; they drag us down into despondency with detrimental wishful thinking. **E**xpectations are developed by an over-active ego that instils a sense of entitlement, as 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 logically; they build up unreasonable hopes that only too often can't be fulfilled. **E**xpectations - when unfulfilled - disappoint, cause fear, 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, 587
about the “Law of Attraction”
and the corresponding page
in the appendix*