



### **How to be with different people**

Everyone's different. The key is to adapt yourself to different people. This does not mean that you have to be someone you're not.

To be able to adapt, you first need to know yourself well enough to understand a broad range of facets of yourself so that you can call up the right one with right crowd.

## Inner Power

We do maintain positivity to the one who is positive to us, but it tends to get difficult to be positive to someone who is negative towards us. It normally seems so easy to react negatively. But this only further worsens the situation as neither is willing to bring about a change. The only way we can still be positive when someone is behaving negatively towards us is by reminding ourselves of our own inner power. When we are connected to what we have, we are able to be a giver without expecting anything. The cool water of our positivity is the only way we can put out the fire of anger.

## The Functioning Of My Internal Processor

The body consists of physical limbs to move around and carry out its tasks in the **physical world**. So too, the soul has the subtle limbs - the limb possessing the power to think (mind), the limb possessing the power to reason and make decisions (intellect) and limb of its own unique personality. These three subtle limbs are used to maneuver, control and carry out tasks in the **inner subtle (non-physical) world** of thoughts, feelings, emotions, decisions, mental images and nature characteristics (or commonly called habits). **I need to understand completely how these limbs work individually and also how they function together in conjunction as a team. This understanding helps me immensely in putting my personal mental and emotional world in order.**

If the processor of my computer develops a problem, my computer comes to a standstill. I will be able to fix it only if I know how it works. In the same way, I have an internal processor which has three processes going on inside it continuously right through the day - the processes of **thinking** (mind), **deciding** (intellect) and **becoming** (*sanskaras*) - which affect my complete functioning as a human being. Only if I understand completely the functioning of this internal processor, can I start to correct myself and function well.

## **Soul Sustenance**

### **The Five Primary Qualities (cont.)**

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives. We have discussed four of the qualities in the last couple of days. The last one is:

#### **Happiness**

Happiness is the natural expression of joy in being alive and interacting with others. Happiness is only possible when I relate to myself and express respectfully what I am and allow others to share in what I am and what I have. I relate to people and nature and experience the fulfillment of human life through relationships.

In the meditation taught by the Brahma Kumaris, we absorb the rays of these five primary qualities from the Supreme Soul by concentrating on his point of divine light form in the incorporeal world (paramdham or shantidham). The absorption and the harmony of these basic qualities (peace, purity, love, knowledge and happiness) lead to the development of many more virtues inside us.

As we become aware of these five primary qualities, we gradually realize that each one of them has many characteristics.

e.g. we understand that love does not mean just a special feeling for one or two people. Spiritual love is far greater; it means respect, tolerance, forgiveness, compassion and flexibility; there is a universal feeling of belonging, an openness of heart, a generosity of spirit that is all-embracing.

## Message for the day

**Bringing newness in dealing with life's situations brings happiness.**

**Projection:** When there is the desire to find new ways of responding to life's challenges, unhappiness ends which in turn helps to fulfill one's highest potential. All it needs is the determination to adopt a fresh awareness. Thus burdensome thoughts that drain out positive energy are set aside. The quality of life itself becomes better.

**Solution:** I experience a lot of happiness when there is newness brought in responding to situations. The potential and the energy of the mind is channelised in a positive way so there is an experience of fulfillment and satisfaction. The mind is not caught up with negative or waste but is busy trying for the best solutions in all situations.

In Spiritual Service,  
Brahma Kumaris