



Maturity

As we mature spiritually there is less need to have our self-respect bolstered by praise and special attention. As our thought processes become more compassionate and less self obsessed, we feel increasingly satisfied with ourselves and with our lives. We relate to people more easily and feel no need to draw attention to our successes or complain about our problems.

Specialties

When we come into interaction with others we are concerned with their negative aspects. We are aware of where they are going wrong and we try to correct them too. But usually the other person doesn't realize his mistake. The more we try to emphasize on negativity, the more difficult it becomes to make the other person realize. On one hand, we find that he is not benefited and on the other hand, we are filling ourselves with negativity too. The best business in life is that of seeing specialties and contributing our own specialties for others' growth. When we are aware of others' specialties, we are able to encourage them to use them for growth. Also we are free from negativity. Further, using our own specialties enriches others and ourselves too. These specialties are easily available for us at the time of need, for having used them constantly.

Signs Of Depression And Coming Out Of It

You feel depressed when you lack happiness and optimism about the possibilities that you have and a constantly negative consciousness and vision is produced. You lose hope. In depression you lack an interest in things. You are sensitive to criticisms, even if they are very little. You feel sadness, impatience, a lack of perspectives. You try to reach satisfaction through material means, like, for example, eating too much, eating sweet things, etc.

You get depressed because you remember past errors; because you need the experience of love in life; because you have developed the habit of seeing only the negative in each situation, without sensing that a positive side exists. The imagination behaves in a negative way; it is weakening, depressing and even destructive. Nothing seems attractive to you and you feel unmotivated.

To get out of this state it is important to accept yourself; keep a mental state of a detached observer; don't allow the mind to cling to depressing thoughts and tune it into the positive aspects of life. Sometimes negativity and weakness have overwhelmed you to such a point that in order to get out of that state you need a "bombardment" of positivism: go on a spiritual retreat or holiday to a suitable destination; surround yourself by good company; attend a course of personal development; get out of that state in which you are closed into yourself. Take the step. Nobody can do it for you.

Soul Sustenance

Cooking And Eating With A Spiritual Touch (cont.)

When the subtle, spiritual aspect of cooking is taken into consideration, the role of the cook extends from simply creating tasty, nourishing meals with fresh ingredients, to including a spiritual connection with those who will be eating that food. The aim will be to touch and fill the heart as well as the stomach. The love of the cook, and his or her motivation to offer sustenance, will nourish as much as the physical components of each dish. Food cooked by a person who is angry, depressed or full of arrogance or hatred will have a different effect from food cooked with feelings of love, peace and the pure desire to serve. In other words, we are what we eat but also the thoughts, feelings and attitudes that go into what we are eating. Even in today's hectic lifestyle, when there sometimes seems to be hardly enough time to cook, let alone do so peacefully and caringly, it is therefore definitely beneficial to develop a positive attitude towards cooking. Before undertaking any food preparation, remind yourself that the task at hand can and should be an enjoyable and creative activity or experience, rather than an unpleasant, time-consuming activity. A good practice, then, is to meditate before cooking and then to let preparing the meal itself be a creative, meditative experience which yields a balanced, health-promoting diet for the body as a temple for the soul deity. Food always tastes better when it has been flavored or with love and happiness.

(To be continued tomorrow ...)

Message for the day

True fortune comes to the one who recognises and uses his treasures with an honest heart.

Projection: Sometimes we might be faced with certain situations where we find that we are not very fortunate. We find ourselves thinking about all those things that we need to have in order for us to be able to bring a positive outcome. Because of this kind of thinking, we tend to miss out on perceiving those treasures that we can make use of.

Solution: There are a lot of treasures within us that we can use in our practical life. These treasures could be our talents, skills, or some specialties of ours. Under all circumstances we need to have an awareness of these treasures. When we are aware of them we will begin to use them in our daily life instead of just expecting things to happen right. This is what will create a good fortune for us.

In Spiritual Service,
Brahma Kumaris