



Chidorigafuchi, Japan

## **A Breeze**

Never fight. Wisdom never fights, it waits patiently, speaks positively, releases easily, sees benefit in everything and envisions a future of abundance, knowing that all needs will be met at the right moment, in the right way. If you think life is a struggle you will always be struggling. If you think life is a breeze, your attitudes and actions will convey lightness and easiness. And that's what attracts everything you need, and much more. Make today a breeze not a battle.

## Regard

There is usually a desire to control people and also a demand to get regard from all. In the process there is a tendency to show authority to those around in order to get things done. Yet this does not bring concrete results, as there is no control over others or their behaviour. The best way to get things done is by giving regard to all. When there is regard, people are able to willingly use their specialties for the success of the task. Also, when we have true regard for others, we are also able to receive regard from them. It is this regard that makes others understand and behave according to my needs.

## The Practice Of Meditation

As with anything else, the more we practice meditation, the more we feel the benefit of what we are doing. We do need to practice meditation regularly because the habits of:

- i. identifying with our physical form,**
- ii. succumbing to mental and emotional negativity (in the form of waste and negative thoughts) along with negativity in words and actions,**
- iii. becoming attached to the physical as well as the non-physical, and**
- iv. being dependent upon the experience of physical stimulation of any sort (from e.g. food, movies, people, sports etc.) for happiness** are extremely deep.

These habits have deepened over a period of many many births, because of repeating them regularly, due to a lack of spiritual awareness. As a result, in the present moment also we regularly and quite easily slip into these four habits.

(To be continued tomorrow...)

## Soul Sustenance

### Emotional Joy And Emotional Sorrow

We commonly become emotional, either in times of sorrow e.g. at being separated from a loved one, at experiencing failure in an external event, on hearing a negative news, etc. or in times of joy e.g. when our child or spouse or even pet performs a warm act, while watching a movie, etc. While we have always believed that it is absolutely normal or natural to become emotional and some of us even believe that it is good to let go of our emotions and crying once in a while makes us lighter and stronger; on a spiritual level, becoming emotional comes under the realm of dependencies and dependencies always weaken us.

This is because **when we become emotional, instead of influencing our self on our own, we allow something or someone outside our self to influence us. We bring that something or someone or some event outside our self, inside, in front of the eye of our mind, attach our self to it, and lose our self in it i.e. we let the image hijack our internal world in a way, as we become subservient to it.** As a result our thoughts, feelings, emotions, words, actions are influenced in a big way by the image. This is a spiritual definition of becoming emotional. Passing on the remote control of my internal world to the outer world in this way is a sign of a not so strong internal self.

So what does one do instead? Instead of creating images of external events and people inside our minds and being influenced by them, we still watch these scenes, but **instead of losing our self in them and taking from them, we contribute to them by giving them our internal energy, but at the same time make sure that while doing that, we are detached from them and not over-involved emotionally.** Internal energy is given in the form of appreciation and love if it's a positive scene and power, compassion and co-operation if it's a negative scene, so as to help the scene to be corrected or resurrected. This is influencing instead of being influenced. This is a more empowering experience. In this way we regain the control over our inner world and rise above such emotional dependencies.

## Message for the day

**To be seated on the seat of self-respect is to use virtues in life.**

**Expression:** It usually seems very difficult to use the virtues within us when the people around are not doing so. At such times using negativity seems much easier. In spite of not having that particular weakness predominantly, say of anger, when there is provocation from the outside we tend to react with that weakness.

**Experience:** In order to free ourselves from weaknesses and work with the virtues within us we need to make sure we are seated on the seat of self-respect. For this we need to recognise and appreciate some speciality within us. When we are in the awareness of this speciality of ours, we will be able to stabilize ourselves in the state of our self-respect.

In Spiritual Service,  
Brahma Kumaris