



The Cause of all Conflicts

Desires cause peace to disappear. You think that acquiring things will make you feel secure, but the reality is that the more you have the more fear there usually is of losing it, and the further you are from peace. Desires are the cause of all conflicts. When you want something and cannot get it you become frustrated. Learning to be free from desires is learning how to stay peaceful.

Overcoming The Subtle Desire For Revenge

Ask yourself very honestly how many times in your life did you feel joy, even a slight trace of it, when something negative happened with someone who had harmed you or hurt you or insulted you in any way in the past - either in the immediate or distant (far-away) past. When this kind of joy, which is an impure form of joy, is seen inside you, even if it is at your extremely subtle thought level (if not in your words or actions), you need to remember that this is nothing but a feeling of **subtle revenge**, even if physically you haven't got back at any point of time at the person who has harmed you, when he did so. It may not sound very nice, but this kind of joy is enjoying the pain of others and is obviously an extremely low grade form of joy. Sometimes, as a way of justifying our **joyful revenge**, we call it **justice**.

The driving energy or fuel behind this kind of revenge is hatred or anger. It is a feeling of: "I really enjoyed it when what they had done to me came to them - I was so happy to see them suffer for what they had done, this is their punishment ... tit for tat." **It is a type of joy that only increases our accounts of negative karmas with the other person, which as a result, increases our sorrow, instead of decreasing it, although it may give us an impression for a while that it is decreasing our sorrow.** This kind of joy will only cause the radiation of a negative form of energy to the other person, which will not only give pain to the other person, but will also cause the radiation of the negative energy of hatred from the other person to us that will never bring us long term joy. Imagine someone meeting with an accident on the road and in a lot of pain and instead of helping that person immediately we smile at that person happy with what has happened to him or her. What energy will such a person send us in return? This example is on a physical level, but the same principle applies on a subtle level. So the next time something like this happens in our life, we need to remind ourselves only if we don't have the slightest trace of joy inside us that we can safely say that we are free from any desire for revenge, even though it may be very subtle.

Freedom

The meaning of Freedom is having no burden - no burden of body or mind. Freedom is having such a clear vision of reality and such a powerful image of the self that the superficial bondages cannot contain you. Freedom is the knowledge that comes from knowing what your role is and playing it accurately. Freedom is freedom from fear and anxiety. Living from a position of freedom gives us the opportunity to make choices beyond the ordinary because then we are living beyond all bondages - even the bondage of actions.

Soul Sustenance

Is the Supreme Soul (God) Really Omnipresent (present everywhere) – cont.?

If the Supreme Soul (God) were omnipresent there would be no need for knowledge and no need to search for peace. The One who is the ocean of peace and the ocean of knowledge would be everywhere. Perhaps the strongest point against the idea of literal omnipresence is the point of relationship. In the heart of every soul – there is a distinct memory - I am the child, God is my Father. If God is omnipresent, does that mean that the Father is present inside the child?

God is also the supreme teacher, guide, liberator, friend and purifier of human souls. That is why everyone turns their thoughts to Him in their hours of sorrow. The idea that God is omnipresent is indeed the ultimate excuse and greatest escape from responsibility of the mistakes that human souls have made and continue to make. After all, if God were omnipresent (present in everyone) He would be responsible for good as well as evil karmas that humans commit. An omnipresent God implies that we have nothing to complete in ourselves for we are already God. Am I really God? One could not seriously admit to such a claim. It is only through deep and concentrated meditation that one can enter the spiritual dimension where His presence is truly felt.

Message for the day

To end waste means to be free from defeat.

Projection: The one with faith in the intellect always remains at a distance from waste, whether it is waste thoughts, waste words or waste actions. To move away from waste means to be victorious. The one who is free from waste is busy with the positive and useful. Such a person is constantly searching for solutions and trying to make the best out of the situation.

Solution: It is because of waste that I sometimes experience defeat and sometimes victory. If I am able to finish waste, I am able to finish defeat. Because whatever the situation may be, however challenging it may be, if I am able to finish waste I am able to recognize the benefit that is merged within it and so I am able to experience being constantly victorious.

In Spiritual Service,
Brahma Kumaris