



The UN decision to declare June 21 as the International Day of Yoga "is a matter of great pride for India", said Prime Minister Narendra Modi

## **You Have a Choice**

"I have to" is a disempowering phrase.  
It suggests that you don't have a choice.

Replace "I have to" with the more empowering alternative  
"I choose to", and notice the difference in how you feel.

## **Reaction**

We should ask ourselves, do we react to situations in a positive or negative manner? The way we react is very much dependent upon our mental attitude and this in turn is directed by our thoughts. Linking our thoughts to the problems that surround us brings unlimited tension and worry. By linking them to the subtle and powerful vibrations of the unlimited source of peace, tranquility and knowledge that is, God the Supreme, we automatically have a constant source of good uplifting vibrations which can settle our troubled minds. He is the Father of all souls, the one who is there to give help at any time. In a time where our thoughts wander with little or no direction, where we find it difficult to talk or relate to people, it is worth remembering that God, who understands us, is only a thought away.

### **Rising Above The Expectation Of Praise From Others**

Sometimes, we get offended or ill almost on purpose in order to receive special treatment. Out of a lack of self-esteem and insecurity, we depend on the appreciation and affection of the other, for them to value us, praise us and always to speak kindly to us. Even though they have given us many signs of appreciation, if for a few days they give us none, our inner world or our self-esteem collapses. We become dependent on what others do, or don't do, in relation to us, whether or not they nourish our self-esteem, and then what happens? We are always waiting for the other to give us something when in reality we can give it to ourselves.

Spirituality makes us experience our internal treasures of bliss, happiness, love and power. It makes us aware that we are givers, emitters and radiators of these qualities rather than takers. This consciousness helps us rise up above the above discussed dependencies and remain seated, stable on our throne of self-respect.

## Soul Sustenance

### Taking Charge Of Your Responses In Close Relationships

In relationships with your loved ones, when looking at the other, sometimes positive emotions are generated and sometimes negative. On the one hand, joy, love and happiness is generated on being with them; but then attachment, dependency and expectations are generated. **In such situations, you are more focused on others and are always looking at the other person's behavior, you stop seeing yourself and being aware of your reactions and taking the responsibility for the responses that you create.** You get frustrated when the other person does not meet your expectations. As you depend on them, if they don't act as you would like, if they don't reach home or call you at the time you would like; all this frustrates you. You radiate this energy to the other: "they are not doing what they should be doing" and so you feel frustrated and discontented.

All the while that you hold the other one responsible for your frustration, you are not in charge of your own reactions, because you have given power to the other to dominate your emotional world. It is there that you lose your freedom. **You lose your freedom because you give to the other, in the name of love, power over your own moods.** You allow the other's energy to enter your inner world and cause inside you **frustration, bad moods, irritation, sorrow and a mental and emotional dependence** where you are constantly thinking about where they are, what they have to do, what they have to say, where they have to go, and all this consumes a lot of your mental energy. Wanting to control the other and the frustration that it brings with it uses up a lot of emotional energy.

## Message for the day

### The power of realization brings permanent transformation

**Expression:** To have the power of realization means to have the power to understand what is right and to have the commitment to the right thing. So, if a mistake is committed, when there is the realization, there is easy and permanent transformation. So the same mistake is never committed again.

**Experience:** When I have the power of realization, I will never experience difficulty in bringing about a change, because I have actually understood the importance of bringing about change.

In Spiritual Service,  
Brahma Kumaris