



World's Biggest Hindu Temple – Akshardham, New-Delhi, India

## Strength

Contentment is a great strength. It comes when a person lives in honesty and simplicity. Contentment means we have overcome useless desires. It is said that you can discern a person's truth from their level of contentment.

## **Cripple Effect**

What goes around comes around is not a new insight. It is something most of us intuitively know but easily forget, as we attempt to hold on to most things which come to us. What we don't realise is the ripple effect can easily become the cripple effect. Everything we think and do not only ripples out into the world, it also creates an impression on our own consciousness inside. If one day you decide to get really angry (very unrelaxing) at someone, then you create a memory of your irritation and carve a kind of scar or groove on your consciousness (non-physical of course). Within this scar or groove is a recording of the image of the person as you have decided to perceive them, and the energy of your anger surrounding that image. Remember, you put it there, not them. Two days later you see the same person and that triggers the image and the anger which you have already recorded within. The emotional turbulence inside your consciousness makes it very hard for you to remain positive, connect and communicate effectively, positively and harmoniously with them. In effect you are crippled and clouded by your own emotion. Most of us experience this, sometimes many times a day, but refuse to see that we cripple ourselves, preferring to blame the other person. Which is why we can stay crippled for a long time and not even realise it. relax7

## **The Four Phases Or Ages Of Humanity - Part 5**

When we recognize the precise and exact nature of cyclic time, we can also joyfully expect and work for a new day or the Golden Age. For this to happen, great changes must take place in human affairs. It is a process of change that can only begin from within the individual. Just as we have been responsible for the degradation of the physical environment, of our world, so it is we who must take up the repairs. When we understand that all change is from soul to mind, from then from mind to body or matter we realize that it is our own spiritual awakening and purification which can change our world at all levels. As we turn to face the Source of love and light and fill ourselves with spiritual energy, the process of reduction in spiritual energy of the world is slowed down and slowly reversed. The soul returns to its original pure and loving state. The result is a change of the inner world of consciousness which, in turn, is reflected in the change of the outer world that we all share.

**When we change, the world changes.**

(To be continued tomorrow ...)

## Soul Sustenance

### Innate (Basic) And Acquired Value

Everything we see has what can be called its **acquired value** and its **innate or basic value**. **The acquired value is that which it has picked up by coming into contact with external objects throughout its existence or life. The innate value is what it always is irrespective of its external interactions.** For example, the acquired value of gold changes with the fluctuations of its price in the market. Its innate or real value is that it's one of the most beautiful metals; very ductile, malleable, etc.

If we were asked about the qualities of any good, peaceful relationship with someone, we would quickly reply: love, trust, patience, respect, honesty, sincerity, tolerance, humility, sympathy, etc. How do we know this? Is it purely from experience? Can we remember having really experienced any of these qualities in any relationship completely and constantly? Probably no. Then how can we say it is from experience? In such a case, where does this urge for rightness come from? Our heart tells us it comes from a basic, inherent sense of what is true and good, of our innate value. Though these qualities are what we see as our ideal qualities; when I am in a weakened state, I'm unable to bring them into practice, when I want, according to the needs of the moment. They need to be strengthened inside. One of the most immediate benefits of the practice of meditation then, is to bring about this internal strengthening. My basic qualities are just waiting for a chance to emerge out in the open. **Like a light bulb without current, possibility of lighting up my qualities exists, but they need to be connected to a source of power, which is exactly what meditation gives us.**

## Message for the day

### Inner satisfaction brings creativity.

**Projection:** Quite often I find myself trying to keep pace with the things that I have always been doing. I seem to be caught up in the routine to the extent that I experience monotony. I then cannot think of any newness that I can bring in my life.

**Solution:** It is only with my inner satisfaction that can I bring creativity in my life. For this, while doing the routine jobs that I am involved in throughout the day, I need to make special effort to keep myself content with the things that are going on and also think of new ways of doing what I am already doing. Then I will never experience boredom in my life.

In Spiritual Service,  
Brahma Kumaris