



### **All We Need Is Love**

Everyone looks outside for everything, including love. Love is all that everyone wants. Their purpose in life is love; to love someone, to be loved, to love their car, to love their dog, to love their garden etc. But all these types of love are perishable and are destined to fade away. The love we really want is within us all the time. When we feel love, where is the love coming from? It is within us, that's because we are love. So I need to sit in silence and get to know myself again, because when I get to know my true self I will find out that I am love. I don't need to look for it outside. I have an imperishable supply of the sweetest love possible within me.

## The Journey Of Time (cont.)

In yesterday's message, we had explained how the Law of Entropy works on a physical level. When the **Law of Entropy is applied to spiritual energy, our virtues, to the quality our thoughts, words and actions**, we can perhaps begin to see why, as individuals, we feel tired and old in virtues, irrespective of whether we are young or old physically. We can also understand why we succumb to negative thoughts, words and actions more easily than being influenced by the positive. In fact, the entropy of our virtues i.e. the spiritual entropy has followed the same pattern as the entropy of the physical world or the physical entropy (explained yesterday) i.e. **the spiritual energy or the energy of the virtues of the world has been reducing (as the world has become older and older) because it has not been renewed or re-energized from a source outside the system**. When we accept this movement from new to old, we understand the journey of time in a completely different way.

As we look backwards into the journey of time, we find that although there have been very important scientific discoveries and global communication has improved immensely, which have all contributed to give everyone an illusion of progress, everyone accepts that we are not enjoying healthier, more loving and peaceful relationships with ourselves, each other or the planet Earth. The reason for this is understood easily by applying the second law of time i.e. everything new becomes old. **At the present moment, the source from outside the world system (on a spiritual level) which is required to re-energize it and restore it to its original new stage is the Supreme Soul or God or the Spiritual Sun, who is an ocean of spiritual energy and divine values or virtues. In meditation we, as living beings, who are part of the world system, can absorb this energy or divinity from him and contribute to this process.**

## Soul Sustenance

### Shedding Off The Attachment To A Positive Past (Part 2)

**Excessive attachment to a glorious past is a subtle shade of the negative emotion of ego which colors my present perception of external events and which affects my present actions and responses, as a result of which not only present but my future is also affected.** As I hold on to it, my creativity is reduced and I do everything with a limited perspective, not letting myself grow and shape up a glorious present and future. There are some people whose goal is to achieve something so great in their lives so as to ensure they will gain recognition and respect by others in time to come. This is again a subtle shade of attachment and ego.

But shedding off this type of attachment is not easy and first requires the realization that this attachment is incorrect and damaging. The next step is sitting in silence and becoming aware of how you lose your identity in a story of past thoughts, feelings, emotions, attitudes and actions and then disassociating or detaching yourself from that story. **You do not need to suppress or deny or fight with this story; otherwise its memory gets stronger and more overpowering.** You just need to simply see and realize deeply that your past is just a record of a particular set of actions, which you committed at a particular point of time, it is a series of images of previous events that you witnessed and that you were a part of, all of which have left a record in your memory, and in the memories of others, but they are not what you are. This type of practice of disassociation with spiritual understanding fades the excessive memory of the story in your consciousness over a short period of time and these actions then cease to influence you in any way in the present. Here we are talking about an influence, which we have for long deceived ourselves into believing to be a positive one, but which in reality is not.

## Message for the day

**The one who is the master is the one who creates positive thoughts under all circumstances.**

**Expression:** The one who is the master of himself is always able to create the right kind of thoughts according to the circumstance. Never is there the dependency on situations or people for the right kind of responses. Since there is mastery over thoughts, there is also mastery over all words spoken and everything done.

**Experience:** When I am able to be a master of myself, I am able to constantly create positive thoughts. I am in touch with the inner resources and I am able to make use of these resources in a timely way. I never get confused or pressurized with outside situations, but am able to be in control in all situations.

## Good Wishes

Although we speak with a lot of logic and make the other person understand what we mean to say, we sometimes find that they are not as effective as they should be. Sometimes our words are also misunderstood and misinterpreted. So there are a lot of conflicts that rise because of this and spoil relationships with others. What we say is of course important, but much more important is how we say it and with what feeling. We need to keep ourselves free from any kind of attitude, when we have to say something to someone. This can happen when we have good wishes for others and thus we find that our words are effective.

In Spiritual Service,  
Brahma Kumaris