



The Final Analysis

People are often unreasonable, self-centred: Forgive them anyway. If you are Honest, People may cheat you, but be Honest anyway. What you spend years to build, someone could destroy overnight. Build anyway. The good you do today, People will often forget tomorrow. Do Good anyway. You see, in the final analysis it is between you and God; it never was between you and them anyway.

Radiating Love To The Universe

I sit in a comfortable position... I relax my body...I breathe deeply and let go of tensions... I centre myself in the present moment... I concentrate my mind... I enter into the space of inner silence... The thoughts diminish and my mind relaxes fully... Now experience the following thoughts:

I am a non-physical being of light, full of love, centered on the forehead... I am a river flowing with love... my source is the Supreme Ocean Of Love, God; whose child I am... I experience myself sitting under his canopy of the light of love...

I love each part of my physical body which is my vehicle. I relax it... I love each thought that I create, it is my creation... I generate gentle thoughts, tender, relaxing... I feel the energy of love that radiates from within me towards the universe... I, the soul give off love towards what surrounds me...

I give off love towards other souls... I look at everyone with the consciousness that each one, whatever their temporary nature may be, their innate nature is love... I give my spiritual assistance, my good wishes to them, so that they return back to their original, basic nature, which is love... I give off love towards each molecule of the five elements of nature - earth, wind, water, fire and sky and the planet as a whole. I am love... I channel this love towards everything I think, feel, do and transmit...

By performing the above meditation and sharing my unlimited treasure of love, I assist the Supreme Father, through my thoughts, in his task of creating a world full of love, where all souls and the nature co-exist in a loveful and peaceful manner...

Seeing Specialities

To look at specialities in each one is to ensure that cooperation is given and received easily. Each and every individual has something special. If we have the habit of seeing these specialities, we find others too relate to us with these specialities and we can then easily get their cooperation. We will also be able to cooperate with them easily. When we think of someone we can't cooperate with, we need to consciously think of some speciality in him. When we make sure, in my daily interactions, to relate to this speciality, we will find that our own your negativity will finish and cooperation becomes easy. Others too will find it easy to cooperate with us.

Soul Sustenance

Improving The Quality of Different Areas of My Karmas (Part 4)

Karmas as spiritual service of others

Service of others can be seen on a very basic level as physical charity but the real service is to uplift the souls of others by inspiring them to re-claim their state of self-respect. There is the old saying that if I give others chapattis, I feed them for a day. If I teach them how to cook chapattis, I feed them for life. In a spiritual way, this refers to the fact that instead of merely performing a positive *karma* like the donation of money, food, clothes, etc. if one can show others the understanding of *karma* and how it works and also teach them the ultimate, pure *karma* of coming closer to the Supreme on a spiritual level, they can make efforts to change their negative karmic situation and bring happiness, peace and positivity back in their lives. When there is a change at the mental and emotional level, then changes will begin to show at the physical level too. Over a period of time, due to understanding spiritual knowledge (as a result of which the soul starts performing positive actions) and a deep connection with the Supreme (due to which negative actions or sins performed in the past are burned up), the *karmic* situation of the soul, which has been served, starts improving.

Message for the day

The one who has the spirit of service is free from wasteful thinking.

Expression: It is usually thought of as an additional burden to think of serving others. The usual thought is to think of first serving oneself and when one is content to think of serving others. But this thought makes one miss out on the fact that both service to oneself and service to others are complementary to each other, one helping the other in a positive way.

Experience: When we take on the responsibility of bringing benefit to others, i.e., when we consider ourselves as a humble server we will be free from wasteful and negative thinking. We will not waste our thoughts and energy on something that is not worthwhile, something that is not going to bring benefit to anyone. So each thought, word and action of ours becomes elevated.

In Spiritual Service,
Brahma Kumaris