



Muralla de Ávila, Spain

## **Barriers to Love**

Whatever is in your heart that is not clean, not true, will ultimately begin to act like a wall, obstructing the natural flow of love. People who say that there is no love in their life, are being blocked by this wall. Actually there is love, but they just can't accept it. Ego is the clearest example of this. Ego limits the flow of love by placing conditions on the love you give and receive. Ego uses love to satisfy its own needs and desires. It produces a love which is deceptive, one which brings only temporary satisfaction. Ego does not allow you to experience true love or share it. In fact, ego is capable of destroying your ability to feel love altogether.

## Power of Truth

When you are truthful your words and actions become equal. You will do what you say and say what you do. Because of this you will continue to receive love and regard from everyone. Just take up one thing that you have not been able to fulfill and today take up this thought that you will do it. Tell yourself that you have the power of truth within which makes your words and actions equal.

## Changing Your Belief System To Overcome Feelings Of Revenge

It's worth wondering, what I need to change inside my belief system so that no feelings of revenge exist inside me for anyone irrespective of what someone has done to me. When someone harms me or insults me in any way, what is the belief that exists inside my inherent belief system that causes feelings of revenge to emerge inside me in the first place? It is the belief that - whenever someone does something negative to me, he hurts me, he is the victimizer and I am a victim. **I need to change that to - no one can never hurt me, but it's what I do with someone's negative actions, what shape I give the negative actions inside my mind, that causes me hurt, the choice lies with me.**

Two people will do two different things inside their minds with the offensive or negative actions of a particular person - one will create feelings of anger, hatred, sorrow, etc which will give rise to the desire for revenge; the other will create feelings of peace, love and good wishes which will give rise to only forgiveness, with no room for revenge. In other words, **two different people will respond in two different ways to the negativity of the so called victimizer, depending on their belief system, their inherent personality or nature, their experience of similar negative actions in the past, either committed by the same person or by other people. All these factors will shape their perception of the other's actions and the self.** One will see the other or perceive the other as the victimizer and himself as a victim and another will not identify the other person with his negative actions, but will instead focus on his inherent positive nature or positive aspects of his current personality and will also remain unaffected himself.

(To be continued tomorrow ...)

## Soul Sustenance

### Soul Maintenance

**In order to take care of the physical body, we give importance to diet, exercise and to proper rest or sleep.**

**In order to take care of the non-physical self or soul, we need to make sure that we feed our intellect with positive thoughts.**

Attention needs to be kept on the diet of the intellect. If we keep feeding it with positive thoughts, then automatically it will make us free from any heaviness and we will feel the lightness of our own mind.

The regular **practice of meditation** for 5-10 minutes every morning is the **exercise** for the soul. Meditation will help us master our sense organs, think more peacefully and powerfully, maintain our focus of inner attention and therefore remain undisturbed by external events (at the workplace or at home).

The third important thing is to give enough **rest** to the soul. We sleep to energize the body. We need to give rest to the soul in the form of silence in the mind. Refuse to do anything in this one minute. Just **one minute of silence and calmness every hour** gives rest to our mind and will empower (strengthen) us for the rest of the hour. So we are able to do our work more efficiently and effectively.

## Message for the day

**To serve with the heart, with love is to guarantee success.**

**Expression:** When I have to be of help to others, I sometimes find myself doing it with force. I don't seem to be really interested in doing it but situations or people seem to be forcing me to do it. I then don't enjoy what I do and also don't find the benefit of it either to others or to myself.

**Experience:** I need to consciously make an effort to see what people are benefitting when I am helping them. With this conscious effort I am able to help others with love without feeling the heaviness of what I have to do. Thus I find my actions to be much more fruitful.

In Spiritual Service,  
Brahma Kumaris