



International Yoga Day: It is estimated over 35,000 people attended the mass class at 7.00 a.m. inspired by Prime Minister Modi

Change Reaction

Think: "I have to change." Why? If I change then those around me will also be inspired to change.

The Role Play Of Thoughts In Relationships (Part 2)

Husband-wife relationships, sometimes, are like castles of sand, extremely pleasing to the eye, but based on weak foundations and susceptible to destruction when challenged by negative tides of clash of opinions, personalities or lifestyles. In such relationships, **the castles look good from outside because of energies like acceptance, trust, understanding and 'letting go' existing on the surface** i.e. these energies are displayed by both partners to each other in the form of words, gestures and actions **but these castles can easily collapse because the foundations of these castles i.e. thoughts and feelings carried by the partners in their minds are filled with expectations, rejection, mistrust, misunderstandings, possessiveness and suspicion** at times along with the positive emotions which are displayed in actions. Also both partners feel they have made their respective positive contributions in the relationship and so the same is expected from the other side, which is not fulfilled at times, further increasing the problems in the relationship. At the same time both partners are oblivious (not aware) of the negative emotional, much more powerful forces that exist inside them, which go against the positive contribution and are silently working on the castle of the relationship from below, ready to bring it down anytime.

Another e.g. - in corporate circles, apart from the external objective of profit making and generation of revenue and jobs, an important internal objective of any good corporate organization is creating a peace, love and happiness filled as well as obstacle free atmosphere in the company, which will be conducive (helpful) to the external objective. **One spiritual principle states that the leader or CEO or Managing Director of the organization is like a seed of the organization, whose every thought reaches out to and influences every person of the organization as well as the organization as a whole. A second spiritual principle states that the internal ruling and controlling power of a leader of an organization is directly proportional to the handling (of the people of the organization) power of the leader.** If in the inner confines (boundaries) of the leader's mind, obstacles of waste and negative thoughts exist i.e. the inner atmosphere of the leader's mind is not full of peace, love and joy, then as per the first spiritual principle, this gets transmitted to the people under the leader and as per the second spiritual principle, such a leader who is lacking in mind ruling power and mind controlling power is automatically lacking in handling

power of people under him. Such a leader, due to the application of both these principles, is ineffective in creating a positive environment in the organization.

(To be continued tomorrow ...)

Soul Sustenance

Directing Your Inner Orchestra Well (Part 2)

You can direct your orchestra well, which means that you can:

- Achieve what you want.
- Reach where you want.
- Be who you are.
- Stop being who you are not.
- Feel what you want to feel.
- Stop feeling what you do not want to feel.
- Be. You can be in your space.
- Do. You can do what gives meaning to your life.
- You can stop doing what lowers you, is ordinary and you do not want to do.
- You can reach excellence by crossing inner mental barriers.
- Let go of that which you have clung on to.
- Free yourself and fly.

If you believe that you can, you can. You have to harmonize your inner voices. Listen to those that allow you power, strengthen you and accompany you. Silence the voices that suppress you, judge you badly and limit you.

Message for the day

When there is determination in my thoughts, the clouds of negative situations will fade away.

Expression: There are a lot of negative situations that come my way, as I am moving along. During the difficult phase I tend to experience a lot of negativity within too, either in the form of fear, anger or pain. At that time the difficulty seems very big and seems to last forever.

Experience: I need to recognize the fact that whatever difficulties I face are like passing clouds. These clouds come at their time and fade away at their time too. I need to develop the determination to work on my problems with this understanding. I will then be able to face the situation with ease.

Remove the darkness of the mind and the world around will be illuminated.

If I am seeing negativity, it is an indication that there is something negative in my own mind. I need to work on that which is in me, rather than trying to change others. Self-checking helps me become better and better and I start noticing that I am able to see more and more of the positive that is around me. Today I will check what aspect in me is making me see in others/situations. I will work on changing this. However, it is also important to do this checking and changing with a feeling of self-respect and not being caught up with guilt or negativity for the self.

In Spiritual Service,
Brahma Kumaris