



Sweet Comments

Is your sweetness superficial?

Commenting on things superficially, that is, saying something is good without understanding if it really is - is false sweetness.

Words based on the truth and those spoken from the heart hold real sweetness. Keep it real. Be genuine. Be sweet.

Taking Responsibility

Very often I find myself leaving things to chance or to people. I tend to take care of big things and become careless in little things. When I leave things for others to take care and if they don't do it, I become disappointed - even if I have not delegated the task to be done. When I recognize the fact that I am fully responsible for the task at hand, both the big things and the little ones to be done, I'll never be careless. I'll make it a point to take care of every little aspect to the end. This is what will bring accuracy in my tasks and also enables me to delegate the work well.

The Eternal World Cycle

This world is a vast amphitheatre of action in which souls, in their respective bodies, play their various parts. Planet Earth exists in an extremely tiny portion of the physical universe and is governed by well-defined physical, chemical and biological laws.

In India, the world, which we inhabit, is called *karma kshetra* (the field of action), because it is here that we sow the seeds of actions and reap their fruits. It is here that the soul takes on flesh and bones and expresses the role that it has hidden within itself, causing variations in the material environment. The state of the material world at any given moment is a direct reflection of the state of consciousness of the human beings, which inhabit it. If there is peace and harmony within the soul this is reflected in nature. If there is conflict and confusion, nature responds accordingly.

It is a world of three dimensions of space and one of time. Its principal characteristics are sound, movement, colour and form. On this immense stage of deserts, forests, mountains and seas; illuminated by the sun, moon and stars; the world drama is enacted. In the drama, the actor-souls move from pleasure to pain, purity to impurity, happiness to sorrow, new to old, positive to negative. A point is finally reached when the process is renewed i.e. all souls and the elements of matter are purified by the Supreme Soul and they move back to their points of origin, only to start again. This is called the eternal world cycle.

Soul Sustenance

Unloading Your Pressure Baggage (cont.)

Sometimes the pressure we are carrying is related to the situation we are in, sometimes we even carry a pressure of one situation in another situation i.e. it is unrelated pressure. All this continues throughout the day, day after day. What all this pressure does is increase the quantity of thoughts that we carry in our mind, which in turn reduces our efficiency and discriminating and judging power. The words and actions coming out from such a state of mind are improper and lacking in power, conviction and clarity. **To ensure that we do not carry pressure baggage on our emotional back, as per our pressure equation** (shared in the first message of this series), **we need to change the incorrect beliefs that we carry, which are the root cause of our pressure and at the same time increase our ability to bear the different life forces.** We carry thoughts that are determined by our belief of what success is and what failure is, what winning is and what losing is. Although we perceive such beliefs to be true, they are not true; they are like a facade that influence our perception of reality and generate in us feelings of pressure. The truth, on the other hand, is deeper than beliefs.

While meditation will serve as an important tool to increase our inner power to tolerate or resist life forces; spiritual knowledge, understanding and wisdom will serve as an immensely important tool which will help us in correcting our beliefs. So in times of pressure, stopping yourself for a minute and assessing your thoughts, then going backwards, and **checking** the beliefs which are the root cause of the thoughts at that particular moment and then **changing** them requires strength and clarity, which we will obtain through the medium of spiritual wisdom. Once the beliefs are corrected, the thought patterns will change. Thoughts like - * Maybe I won't arrive on time, * If I don't finish this assignment successfully, I will lose my next promotion, * If I lose my money in this financial investment, my family will stop appreciating me etc. which we create all the time - will be replaced by more positive thoughts of security, fearlessness, patience, peace, faith, determination, certainty etc.

Message for the day

To be a judge of the self means to be free from judging others.

Projection: The one who becomes the judge of the self and not that of others, is free from criticising others unnecessarily. Such a person also does not plead his own case by giving excuses and proving himself right. So he is able to bring about a positive change in himself and others are able to take inspiration from the change that he brings in his own life.

Solution: When I am free from giving excuses and reasons for things going wrong, specially to myself, I am able to experience progress in my life. For everything that happens, instead of blaming others I am able to take some new learning and use it for my own self-progress. I am able to remain light because I have no expectations from others, but am able to bring about a change in them through my actions.

In Spiritual Service,
Brahma Kumaris