



## Mind Matters

The most important part of you is your mind (not your brain - the brain is the hardware and the mind creates the software). Care for your mind, make friends with it, always feed it healthy food, engage it in positive activity, exercise it with knowledge and wisdom. Like a garden returns fragrance and beauty according to the care invested, so your mind will repay you with thoughts, ideas and visions of great beauty when tended and invested with care. Your mind is not made of matter but it does matter what you give it and what you create with it. Where your mind goes, you go. What your mind creates becomes your destiny.

## Trustworthy

When you have the power to accommodate, you are mature enough to merge gossip, rumours, people's weaknesses and sanskars and not spread bad vibrations. Just as a mother never talks ill of her children's defects or as the ocean accepts the rubbish rivers bring along, God teaches us to be sensible and discreet. These qualities make us trustworthy and give us the power to build relationships rather than walls.

### Applying The Law Of Balance To Anger (cont.)

Yesterday we had explained how the law of balance can be applied to anger on a smaller level. The same law can also be applied on a larger level. **Each time a group of people transmit the negative energy of anger physically to another group of people - at that time**, either:

a) one party is disturbing the balance temporarily, which will be restored sometime in the future, by the second party indulging in similar behavior,

**or**

b) balance is being restored at the present moment (because negative energy had been transmitted from the opposite party to the first party sometime in the past). This balancing must take place, because it's an unbreakable law. This is the law of balance.

**This law that does not need to be enforced by us, the police or even by God.** It is a natural law like other laws of nature. **It gets enforced itself and cannot be broken by anyone.** Understanding that this law is embedded in the human state of affairs at all times makes us careful and detached so that we don't hurt ourselves with violent, toxic thoughts, when someone acts negatively. We create these kinds of thoughts because we believe this is revenge that is justified. Also, knowing that anger that is radiated comes back doesn't mean we don't have any laws within society - they are required, but it helps us not to take the law into our own hands. We cannot force justice to take place before its fixed time. We cannot force the balancing of energies of anger. If we trying doing it, it is being egoistic and we only upset the balance of our energies as a result. Even to criticize those who try to take the law into their own hands is to take the law into our hands.

## Soul Sustenance

### Listening To the Voice of the Intellect

**The subtle or non-physical sense organ of the non-physical soul which we use to judge something as right or wrong, good or bad and then make a choice or decision is the intellect.** When we are body-conscious, we are attached to many things such as people, our role, objects, money, even our own ideas and beliefs, etc. Due to these attachments, we are constantly creating emotions of fear and anger in the energy of our consciousness. It is these two emotions which then overpower or influence our intellect and stop us from judging clearly and correctly between right and wrong. This constant inner emotional noise of worry and irritation (the seeds of fear and anger) do not allow us to hear the deepest part of our intellect, which is our intuition.

When we are soul-conscious, we are free from attachment and therefore fear and anger. Our consciousness is calm, focused and keenly aware of the quiet, but extremely wise voice of our intuition (inner wisdom). Decision-making is easier and choices are made out of wisdom rather than fear. **Meditation is the method which helps us rise above our mental attachments and allow us to connect with the wisdom in our heart, our intuition, our inner voice,** which suggests what the right response or action in any situation, is. A practical example of this is when, after being persuaded by your family members you decide not to smoke any more. You let go of the attachment to 'my' belief that there is nothing wrong with smoking, which then allows you to listen to the heart of the other (their feelings) and your own heart or intellect, which suggests to you the right action for your well-being in the long run.

## Message for the day

**To be free from guilt means to ensure quick and easy progress.**

**Expression:** Blaming oneself for all that happens and taking the mind to extreme levels of guilt takes one to a sense of unworthiness. Such a person loses the strength and is unable to look for solutions in difficult situations. Hence there is nothing new that can be thought of, and the situation doesn't get any better.

**Experience:** When I continue to blame myself, I believe that I deserve neither happiness nor love and that the sorrow that I am experiencing is a deserved punishment. So I lose all enthusiasm to improve the situation and have no awareness of the treasures that I have. So I experience no progress in my life.

In Spiritual Service,  
Brahma Kumaris