



Popeye Village, Malta

Self-respect

Self-respect is not a matter of what you are doing in your life, but rather of how you are doing it. It requires that you bring quality and virtue into each action, whatever that action may be

Application of Knowledge

Knowledge is not just based on the information that we have. But it is more to do with what we do with that information for enrichment. So the one who with true knowledge is truly wise who has the discrimination and the clarity about what to do in a particular situation. When I feel helpless in any situation, let me just check what point of knowledge I could use to make difference to the situation - to bring about some improvement. When I begin to apply knowledge in this way I will be able to enjoy each moment and do the right thing always.

The Triangle Of Spiritual Energy (cont.)

Referring to the last two days' messages, all three points of connection (connection with the self, of the self with the Supreme and of the self with others) are necessary for good emotional and spiritual health.

If I am only connected inwards, there is a great danger of arrogance and being lost in only myself. If I am only connected to the Supreme Source with little reference to myself, or others, there is the danger of becoming rigid, fanatical and unrealistic. If I am over-focused on others and on my relationships with others, thinking I will receive my happiness and sense of purpose from them, then a dependence is created, which results in conflict and disappointment.

When I do reconnect with the outside world, it can only be done effectively from the point of advantage of connection with the self and with the Supreme Source.

This three-point connection can be depicted in the form of a triangle with the self as a point (A), then the vertical movement upward to the Supreme Point (A to B), then the horizontal connection to others (A to C). Others need to have their own independent and personal connection with the Supreme Point to revitalize and renew their own consciousness (C to B). In this way, the triangle of harmonious energy (ABC) becomes complete.

(To be continued tomorrow ...)

Soul Sustenance

Discovering Inner Compassion (Kindness) – Part 2

To really understand compassion, we have to experience it for ourselves. We can observe and admire others; we can even acknowledge that we have behaved compassionately on some occasions, but how do we develop the virtue of compassion inside us? **If we can find a place of inner silence where we can slow down our thoughts and touch our deepest nature, we will discover that it is peaceful and compassionate. This is the source of our compassion and the more we experience it the more it will become part of our actions.** Meditation reminds us that we are compassionate at our core.

Most people can remember a compassionate act. It may be an everyday situation or something that stands out as very special. Examples may be sitting holding the hand of a distressed relative or friend, or simply smiling and being positive. Reflecting on such acts helps us to identify the qualities of compassion that a person may express, such as patience, tolerance, generosity and calmness. By thinking about acts of compassion and the people that perform them, we can begin to get a sense of what compassion means and, with further reflection, how we have shown these same qualities ourselves.

We all use words in different ways to describe how we feel and what we mean, and the meaning can change in different settings. We need to come to some understanding of the word **compassion**, redefining it for ourselves. Compassion can mean simply kindness; it can mean patience, generosity, respect and understanding. Compassion is unconditional love.

(To be continued tomorrow ...)

Message for the day

The one who sacrifices name and fame is the one who gets recognition.

Expression: When we make a positive contribution we usually want to get recognition for it. We may not always say it in words but there is always an expectation that others should recognize our contribution.

Experience: We need to make sure that we enjoy whatever we do. Since the task itself becomes enjoyable for us, we don't anymore expect recognition. The more we become free from expectations the more we get love from others and recognition too.

In Spiritual Service,
Brahma Kumaris