



## Likes and Dislikes

We all have likes and dislikes.  
But do they limit our life experience?

What we like may not always be good for us. Like medicine, what we don't like, may, in fact, be just what we need.

We don't have to like everything, but isn't it good to broaden our minds?

This week, challenge your likes and dislikes.  
Can you like the dislikes?

## **The Relationship Between Anger And Attachment (cont.)**

**Attachment is a negative attraction that we succumb to, inside our consciousness, regularly and it gives rise to ego, which in turn is the root cause of all suffering. Suffering, in turn, is experienced at an emotional level through the various different forms of anger.** We need to realize this phenomenon very deeply because this happens many a times in each day of our lives inside our consciousness. Then we can see exactly from where our anger arises and we can correct it.

**So if we don't want to suffer from anger, the solution is simple - we don't get attached to anything or anyone, to any expectation, any particular desired result.** Sounds difficult at first, but the same solution can be put in a way that would seem easier to achieve, we don't lose our spiritual identity or individuality in something we are not, in anything or anyone that is physical. That does not mean we shouldn't possess any material objects and not experience joy by using them. It also does not mean we start remaining aloof from people that we love. Nor does it mean we don't have goals and ambitions at the workplace etc. We do. But our relationship with them changes. Our relationship becomes one of detachment and not of attachment. And what is a relationship of detachment? **Detachment means that we possess all of them but we are no longer dependent on any of them, for our peace, contentment and happiness.** We choose to be peaceful, content and joyful irrespective of whether they are there with us or not. So when cars get banged into (which can happen at times) and when people close to us are harmed or insulted or they leave or are separated from us due to any other reason (which is also bound to happen) or when jobs are lost (which is inevitable), we don't react angrily and suffer as a result. We have realized everything in life comes and goes; everything is born and comes to an end. We also realize that every process taking place in life is unpredictable and not always controllable, and must end. Things do and will happen. We know this is a reality. Every time we get angry it means we are having an argument with this reality of life.

## Contentment

Sometimes we try to fill the gap in our lives, by doing something good for others or by serving others. When we want to do something good for others, we look for the contentment that service brings, but this too may not be the solution. The pre-qualification for serving others, i.e., to give others, is to have contentment within. Only when we have this specialty can we serve selflessly with whatever resources we have. We are able to use all resources well for others' benefit and we are free from expectations too.

## Soul Sustenance

### The Distinction (Difference) Between Human Souls And The Supreme Soul (God) – cont.

**Human Souls:** They have physical bodies.

**Supreme Soul:** God's form is incorporeal (point of spiritual energy).

**Human Souls:** They cannot liberate humanity.

**Supreme Soul:** God is the up lifter of all.

**Human Souls:** They become impure through body-consciousness.

**Supreme Soul:** God is the purifier.

**Human Souls:** They are caught up by the present, do not have complete knowledge of the past (since they come in the process of birth and rebirth) and no accurate knowledge of the future.

**Supreme Soul:** God is the knower of the three aspects of time (past, present and future).

**Human Souls:** They are takers.

**Supreme Soul:** God is the giver, He takes nothing.

## Message for the day

**An elevated consciousness brings specialty to the task being done.**

**Projection:** As is the consciousness, so is the feeling behind the task, and therefore its quality. Just to perform action and finish the tasks at hand does not bring specialty and accuracy as much as it should. When the consciousness is special, that means before a task is performed there is a thought given both to the task and to the self, there is speciality revealed in the task.

**Solution:** When I am able to start each task with a special consciousness, like "I am victorious", or "I am powerful" or "this task is for the benefit of all", I am able to experience the specialty of doing the task. I am also able to increase my state of self-respect, whatever the task or however simple it maybe.

In Spiritual Service,  
Brahma Kumaris