



Relationships

Good feelings for others are like ointments that heal wounds and re-establish friendship and relationships. Good feelings are generated in the mind, are transmitted through your attitude and are reflected through your eyes and smile. Smiling opens the heart and a glance can make miracles happen.

Deaf Ear

"Sticks and stones may break my bones but words will never hurt me" is inspiring in print but most people would agree that it's very challenging to live by. Turning a deaf ear to idle gossip, criticism or insults requires a major shift in thinking. When I surround my mind with thoughts of self-transformation and more importantly God's powerful words, I put myself in a secure state of introversion. Only then am I able to build my self-esteem and the resistance to deflect unworthy vibrations from the outside world.

The Source Of Pure Love

The highest love is the Supreme Being's (Supreme Soul's) love. This is the love of the perfect spiritual being (soul), the perfect parent towards the imperfect child where the parent does not see the child's weaknesses. Just as the flower turns each morning to absorb the light and warmth of the sun we too need to turn each day to absorb the light of truth and warmth of pure love from the Supreme Being, from the Source. This is not the God of a religious belief system, but the personal god that we all share, the one parent and friend that we all share. This is not a God as a concept, nor is God a belief. If we hold God just as a concept or belief in our minds, which is perhaps what we learned as children, we will never know him, never experience the greatest and deepest love. We cannot receive love from a belief just as we cannot have a real relationship with a concept. Instead, it is necessary to establish a personal relationship with God through a silent conversation of thoughts and feelings (to begin with). Hence the need to practice quietening a busy mind, the need to free our feelings from emotional disturbance. The Supreme Being is available to everyone but few of us know how or where to direct our attention. The connecting and absorbing of the love of God is a personal process called meditation, that never costs anything and can finally become a natural part of living each day.

Soul Sustenance

The Journey of Time

There are two laws governing the journey of time in this world.

- **Firstly, the movement of time is cyclic i.e. without a beginning or an end. It is not linear i.e. a straight line with a beginning and an end, and**
- **Secondly, everything new undergoes degradation and becomes old at some point of time.**

These two laws help us to understand the journey of time and why the world is in its present state.

We use time to attempt to measure change. One day is measured by the time taken by the earth to rotate around its axis. One day is our basic unit of measurement of time. One year is measured by the time taken by the earth to revolve around the sun. So the movement of time in our physical world is always cyclical. The cycle of the day, from dawn to daylight to dusk to night, is a movement that repeats with absolute constancy. A larger cycle is that of the seasons - from spring to summer to autumn to winter - which also repeat in the same way. When we become a detached observer and look at the 'big picture' of human history, we see an even larger cycle, **the eternal world cycle of time – a cycle that moves from the day of humanity (where everything is positive on a physical as well as spiritual level) to the night of humanity and then back to the day of humanity to repeat again.** But to believe and understand that picture completely, we first need to understand the second law of time and also connect it with the first law.

Tomorrow we shall explain the second law of time.

Message for the day

The right solution is found by the mind which is free from worry.

Projection: No matter how hard one worries about a problem, there can be no solution found. When the mind is free from worry, it is able to be calm. Then there will be no struggle but very naturally the right decision is made, which would be for the benefit of the self and that of others too. On the contrary, a mind that is worried would make decisions that are harmful, even after a lot of thinking and rethinking.

Solution: When I keep the mind free from worry in the most difficult situation, I am able to experience inner calm, inspite of the outer disturbance, because there is no disturbance in my natural thinking process. There is a lot of peace within, which enables me to be free from negative feelings for everyone. I also naturally have good wishes for myself and others, so whatever I do would be for everyone's benefit.

In Spiritual Service,
Brahma Kumaris