



### **Keeping a Cool Head**

Maintaining a state of inner calmness protects me from becoming a slave to my emotions. It also helps me to keep a cool head when I see others becoming heated or angry. Coolness is not to be distant or uncaring; rather it requires that I develop the deeply caring nature of a peacemaker and serve others in the best possible way.

## **The Three Root Causes Of Anger (cont.)**

**We are at a subtle war with another person when he/she has done something which we perceive or judge to be wrong and our anger is an attempt to change them or take revenge.** This is the second belief (we had mentioned the first one in yesterday's message) that is embedded very deeply in our consciousness that the world, including its entire people, should do exactly what we want them to, or what we think they should do. Perhaps we have not yet realized that it is impossible to control others and make them change. The lack of awareness and realization of this truth, which we will definitely realize at some point or the other, doesn't let us become anger-free very easily. People will always make their own decisions and control their own actions, always. They can definitely be influenced, but they cannot be controlled. **When our internal desire of a certain type of behavior from people is not fulfilled, or in other words something against the above belief happens, our instant reaction is one of resentment or irritation or frustration or hatred which are all forms of anger.**

One of the most important attributes of a great soul is the ability to not have even a trace of desire for revenge inside and the ability to forgive someone who has supposedly wronged him in anyway. Don't we all acknowledge that such an individual who has freed himself completely from all anger forms earns our and everyone else's respect and deepest admiration, and we give him the medal of greatness inside our minds and even physically? So doesn't that mean we intuitively know that this anger is an incorrect emotion and peace, good wishes and forgiveness are the correct ones, in harmony with the basic nature of the human spirit?

(To be continued tomorrow...)

## **Courage**

Courage comes in a spectrum of colours. On one hand, we commend people who sacrifice their lives for others but do we applaud daily acts of courage on an individual level? All of us are courageous when we decide to adjust to, tolerate and accommodate for what is right so that there can be peace. At times, I need to use will-power to compromise, and sometimes I have to unleash the same power to be firm and stand by my resolves. God's help is experienced if I use humility and patience to judge when to use silence and where to be forthright.

## **Soul Sustenance**

### **Topics For Meditation Thought Commentaries (cont.)**

Here are a few thoughts or themes for meditation to help you:

- Like stars shine to bring light during the night, I am a spiritual being of radiant light, like a star in the night sky, reflecting and radiating spiritual light in the present spiritual darkness of the world night. The, light, which emanates from the heart of me is peaceful and loving. It touches each and every being in the world. It is my gift to the world.
- I am just a tiny point of pure energy, of light, situated at the center of the forehead. And within that tiny point lie all my thoughts, feelings, emotions, attitudes, beliefs and my personality traits. Within the point of light that I am, lie all the qualities of spirit that I have - I am a source of love, peace, power and wisdom for others.
- I am a conscient, miniscule point of energy, at the center of the forehead and I am instrumental in making this body work. This body may be heavy and big as compared to me, but I the soul am so light, and free that I can almost fly. I experience bliss as the soul releases itself from the bondage of matter.

(To be continued tomorrow...)

## Message for the day

**To be a teacher means to touch the heart rather than the head.**

**Projection:** Teaching others means being subtle and explaining in such a way that the mind opens because the heart has understood. The one who truly teaches inspires rather than just becoming the one who teaches others. There is a recognition of the positivity that is in each one and so no comparisons are made with others.

**Solution:** Once I am able to look at the positivity in another individual and have the pure desire of enabling progress within that person, I am able to feel the love for him. This is like a parent's love whose love for the child is that which makes him grow. So I become a teacher who inspires rather than the one who teaches.

In Spiritual Service,  
Brahma Kumaris