



BLT- A Bear, Lioness and Tiger in close comfort

Trust

When we think we can do things without other people's help, it means we have become arrogant or are unable to trust others. This lack of trust means we miss the chance to use others' potential for the benefit of the task in hand. We are deprived of a useful resource and will not achieve as much as we could by working together.

Interacting

Although we want to fulfill our responsibilities well, we sometimes find ourselves alone. This is so because we usually feel it is much easier not to involve many. We normally do this in order to avoid the different kinds of personalities that we have to deal with. This attitude deprives us of others' support and cooperation. When involved in a big task, we need to see to it that we involve many. When we involve many and make sure we make use of their specialties, even the most difficult task will be made easy. Secondly, the good wishes of all involved will be for the task, which will add to its success.

Understanding The Process Of Birth And Death

When the body has become unserviceable due to age or disease, or it suffers a fatal injury, the soul leaves the body. At the moment of death, the soul withdraws its energy from the organs of the body and vacates its seat in the middle of the forehead. Like a bird, it leaves the cage made of skin and bones, and taking its *sanskaras*, it enters into another, a new body, in the womb of the new mother. From the very birth, the *sanskaras* of a soul are apparent (visible); whether the "new-born" baby is happy, unbothered, sad, shy, mischievous, quiet, violent or agitated.

Death occurs at the precise moment when the account of giving and taking with other souls through a particular body is finished. The new birth is determined by the soul's account of *karmas* with another set of souls. One may be born into a cultured, wealthy family, another as a beggar, one may be born deaf, dumb, blind or crippled, another with a strong supple body. The type of body and the conditions of birth are determined by the thoughts and actions performed in the previous births.

Soul Sustenance

Experiencing Perfection and Success in Role Playing (cont.)

While playing my different roles, another important ability (a few abilities were mentioned in yesterday's message) that I need to possess is to become victorious over the different scenes that I play. What does that mean? **I need to remember that every scene, every act, whether positive or negative, in every role, shall pass. No scene or act is permanent. What happens is that, in a bodily consciousness, each time I am part of a positive scene in my life; I tend to become attached to it and want to hold on it and keep it with me permanently, which is not possible. And each time I am part of a negative scene, I tend to become impatient and want it to get over as soon as possible, which again is not possible all the time.** As if a few minutes or few days of the scene or act are difficult for me to pass or bear. Positive scenes bring me into a strong, temporary wave of happiness or excitement and negative scenes into a wave of deep sorrow, both of which are incorrect emotions. To make sure that I don't get taken in by both these waves, which is becoming victorious over scenes, I need to remain detached while playing different roles in different scenes. I will be able to become a master at this detachment, again when I am established completely as my spiritual self.

Separating role and actor increases opportunities for seeing what my role actually demands, and reduces the chances of being unduly influenced by others. **Stepping away from the stage, even for a moment, I'll see more clearly how the other actors in that particular scene are behaving, and what is required of me.** So, in this regard, it's a good practice that at different times of the day, I step back for a few seconds and detach myself from the role that I am playing and remind myself that I am a pure being of consciousness, a sparkling star like energy full of peace, love and happiness and nothing else. This is my spiritual identity.

Message for the day

The one who has self-respect is the one who is free from aggression.

Projection: When the situation seems out of control, there is naturally a feeling of helplessness. This helplessness further creates tension, which gets expressed in the form of aggression. Such a kind of aggression cannot be suppressed or controlled. To be in the state of one's own self-respect is to be confident and the one who is confident will be assertive but can never be aggressive.

Solution: I am able to keep my mind cool, when I am in my state of self-respect. So I never react to situations negatively but I am able to understand the situation and respond in the right way. I take decisions in a calm and composed state of mind, so I find myself relaxed and easy even in the most difficult situations.

In Spiritual Service,
Brahma Kumaris