



## **Silence**

It is when we silence the chattering of our mind that we can truly hear what is in our heart and find the still, clear purity that lies within the soul. Spiritual love carries us into the silence of our original state of being. This silence contains the power to create harmony in all relationships and the sweetness to sustain them.

**Good Effort**

We generally expect and wish for a lot of things to happen. Yet we find that all that we are wishing for does not necessarily happen. At such times there is a silent thought "I am not getting all that I should". I thus begin to blame my fate and maybe even God. At such times, I then give up making effort. I need to recognize the fact that I get the fruits of whatever I have sown, sooner or later. Sometimes, it does take a longer time or sometimes comes in a different way than what I have been expecting. So I must never give up putting in my best efforts. These seeds of good effort will surely bear fruit.

### **The True Self And The False Self (cont.)**

The illusory (false) self is made up of desires that, even when fulfilled, fail to add value, or a sense of worth to the self. In fact, quite the opposite process happens.

Let us examine some of these illusions and how they give us a mistaken sense of value.

**Illusion (False emotion):** Ego

**Thought:** I know, I am

**Result:** Arrogance, inflexibility, controlling others

**Illusion (False emotion):** Anger

**Thought:** I expect

**Result:** Force, aggression

**Illusion (False emotion):** Attachment

**Thought:** I own, It's mine

**Result:** Insecurity, possessiveness, jealousy

**Illusion (False emotion):** Greed

**Thought:** I want, I need

**Result:** Emptiness, wanting, dissatisfaction

**Illusion (False emotion):** Lust

**Thought:** I desire

**Result:** Exploitation, misuse, emotional dependence

These are the five fires that burn away the quality of human life: uncontrolled emotions that once, in their original pure state, gave happiness and peace to the individual but now create only emptiness and sorrow.

## Soul Sustenance

### Hearing The Voice Of Inner Wisdom Clearly

In a way we already know all that we need to know and all that is required to bring about transformation in the self – after all **originally, we were a perfect being, and the experience of that stage as well as the knowledge of the path to reach back to that original, perfect stage is embedded inside us.** Then why take up spirituality? Why can't we just listen to our intuition – the voice of inner wisdom? Listening to our intuition would be great but unfortunately most of us are not able to hear the voice of our own inner wisdom, which lies submerged in the subconscious because the noise of our thoughts, feelings and attitudes drowns the voice out. **We have been gathering, slowly and steadily, thousands of beliefs since we have been a part of the cycle of birth and rebirth and these beliefs, in turn, create a flood of incorrect and unwanted thoughts and feelings,** today, which distort the true inner voice so that when we think our intuition is telling us something that is true, it is really a wrong belief that we learned sometime in the past.

**Over a period of time, as the soul gets purified through the practice of meditation and as it starts listening to and understanding true spiritual knowledge, false beliefs based on body consciousness get displaced by true ones based on spiritual consciousness** and this inner voice starts speaking absolutely clearly and accurately without any wrong judgments or distortion. That is why, in the beginning, when we are still learning to connect with God, it is extremely important, to have the guidance of someone more experienced when learning meditation, who can guide us with his/her wisdom and experience,

so that we can differentiate between what is actually our intuition and our own belief influenced viewpoint.

### Message for the day

**Where everything is done according to the right method there is success.**

**Projection:** When we don't achieve success we sometimes do get tempted to opt for a short cut method, which might bring us temporary success, too. But in the long run we find that it isn't be so beneficial after all.

**Solution:** Whenever we are involved in a task specially if it is a difficult one we need to make sure that we are following the right method. Whatever is done according to the right system will surely be successful.

In Spiritual Service,  
Brahma Kumaris