



## **Spirituality versus Science**

Science can tell why a rose is red, but not why it is beautiful. Beauty belongs to the realm of spirituality.

## Applying The Law Of Balance To Anger

We are all very much aware of the law of gravity. It keeps us grounded on the earth. Gravity ensures everything returns to a state of balance. This is the law of balance on a physical level.

The law of balance can also be applied on a mental and emotional level, to the emotion of anger e.g. **Too many angry thoughts of revenge and animosity (hatred) inside our consciousness can emerge in two ways:**

- a) either externally as toxic, violent behavior, which will attract toxic, violent responses from others, **or**
- b) if these thoughts are kept bottled inside, they will eventually, after a period of time, emerge as some disease or the other in the physical body. This is because our consciousness then tries to find a way to get rid of the mental impurity, which enters our physical body and restores balance to the mental and physical system, which has been upset due to the creation of the toxic thoughts, in the first place.

The above e.g. is an application of this law on a micro level. We can apply this law of balance on a macro level, on the world at large, where we watch groups of people, even countries exchanging negative energy. We shall explain that in tomorrow's message.

(To be continued tomorrow...)

## **Wanting a Change**

When I am disheartened, I may do one of the two: I either suffer quietly by admonishing my incapacibilities and fate or I externalize my problems by blaming God and those around me. Apart from the stress I create for myself and negative karma with other souls, what's important is that either way I am not solving the problem. Each one of us face disappointment at our own times, but the longer I allow these feelings to stay on the more attached they become. I can only begin to heal the situation and myself by 'wanting a change', 'wanting relief' and 'wanting something better as I deserve it.' This positive attitude works as catalysis to transform circumstances, take me closer to God and create a new destiny.

## **Soul Sustenance**

### **What Are Some Of The Benefits Of Positive Thinking On Our Relationships?**

- Your relationships are more harmonious.
- You possess greater ability to accept others with comprehension and without expectations.
- Your positive thoughts influence others and you share your happiness.
- You attract other people with your peace and harmony.
- You make others approach your true self and they feel comfortable with you.
- You break through barriers and build solid bridges of communication and understanding.

## Message for the day

### The ones who see specialties become special.

**Expression:** To see specialties and ignore negativity is to take a step ahead by imbibing those specialties. This creates a habit of seeing, taking in and expressing only positive qualities. So whatever the person may be, whatever his qualities may be, there is only a connection of positivity with him.

**Experience:** When I am able to relate to everyone in this way with only specialties, I become special. I also find others responding positively to me and using only their specialties while in contact with me. There are also a lot of good wishes that I receive from others because of my positive attitude.

In Spiritual Service,  
Brahma Kumaris