



Surrender Gracefully

We are surrounded by graceful surrender. The geese surrender to the first autumn chills, and think of flying south. The flower surrenders to the night and shuts up shop as the setting sun surrenders to the horizon of another day. A mother surrenders to the needs of her baby, and the child surrenders to the wisdom of the father. These kinds of surrender are sweet and natural. They are graceful movements in a dance to the subtle symphony of life. While we may find moments to surrender to such grace and beauty, if we are not careful, we also tend to allow ourselves to surrender to our appetites, to envy, to greed and then to self centred lifestyles in which we serve only ourselves. No grace there - only the disgrace of self-inflicted slavery. Whatever we surrender our minds to, will eventually shape our character and define the quality of our life. Be careful what you surrender your mind to, even if it's only for a day, or an hour.

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Free from Excuses

The one who becomes the judge of the self and not that of others, is free from criticizing others unnecessarily. Such a person also does not plead his own case by giving excuses and proving himself right. So he is able to bring about a positive change in himself and others are able to take inspiration from the change that he brings in his own life. When we are free from giving excuses and reasons for things going wrong, especially to ourselves, we are able to experience progress in our lives. For everything that happens, instead of blaming others we are able to take some new learning and use it for our own self-progress. We are able to remain light because we have no expectations from others, but are able to bring about a change in them through our actions.

Spirituality In Practice **(Self Introspection)**

On the screen of your mind, make an appraisal (note) of what has happened throughout the past week...

Think about the awareness that you have had of yourself... think about the actions you have taken... Have they been based on a positive consciousness of yourself? Can you see the intentions behind your actions? Are they pure and positive?

Now, slowly and gently, I focus on my inner self... I observe myself... Does my life carry meaning and a purpose... Is there learning and growth at each step?

Do I possess inner strength... Am I able to use powers like the power to tolerate, power to co-operate, power to face in my everyday actions and experience success at every step... If so, do I feel strong and secure...

Do I remain in self-respect and as a result respect others... Do I love myself and have good wishes for each one that I interact with...

Do I feel calm and at peace... free to experience my inner qualities... Are my qualities visible through my actions...

And now, for a few moments, I am going to create feelings of peace and serenity for others... I am going to share thoughts and feelings of peace with others... this is practical spirituality...

Soul Sustenance

The After Effects of Anger

If realized deeply, it's alright to conclude that anger destroys. If it doesn't destroy our physical body (that too it manages to do in the long term), it definitely destroys our capacity to be creative. And after all the very purpose of our life – is to be creative. So in short, anger deviates us from reaching our very purpose of life. **Anger is never every good for health – mental or physical; never ever positive or empowering and never ever allowable or justified.** Many authors of self development books, philosophers, psychologists and experts on the human nature have argued that anger is a natural, biological and psychological response which is an integral part of human sanskara and life. While this can be respected as a point of view, it is not at all true.

From a spiritual perspective, which means a view based on the absolute truth because the word 'spiritual' means that which is the truth, anger is never ever natural or beneficial. While we are all used to getting angry, each one of us to different extents; on a little introspection, we will realize that **it drains us out and is counter-productive.** Anger is an absolutely unwanted emotion if we want to live a peaceful, contented and blissful life. **It totally destroys the ability to create meaningful and deep relationships based on trust and respect and brings the efficiency of our actions, performed at the workplace, at home or anywhere else, down.** If we believe in the necessity of anger, we need to stop for a while and reflect deeply and see if we can see how it is a huge obstacle to our own contentment and fulfillment, and how it negatively influences the contentment and fulfillment of those around us.

Message for the day

True love is felt by all who receive it.

Projection: Sometimes we do find ourselves in situations where others are not responding to the love we are giving. We are trying to be understanding and accepting as much as possible but others don't seem to be recognising it. In such a situation we begin to blame others and their lack of feelings and concern.

Solution: Instead of blaming others when our love and concern is not being reciprocated, we need to check the quality of the love that we give. If there is even a trace of selfishness or if it is mixed with expectations, our love will not be able to reach out and touch the hearts of others. So we need to make sure that our love is pure and unselfish.

In Spiritual Service,
Brahma Kumaris