



Rainbow over Lavender Fields

## Feelings

If your days seem filled with unwanted negative feelings, there is only one cure. When they come, choose them. Don't ask why, don't wonder how, don't fight them and never put yourself down for having them. But most of all never blame someone else for how you feel. If you do, it means your choice is to be a victim. When the feelings come, even big disturbing emotional feelings say, "I choose this feeling" and know it comes because of something you have thought or done in the past, perhaps a certain belief that you have learned or an attachment that is threatened. Choice does not mean you want the feelings, but it does mean you are taking responsibility for them. And that is the beginning of self mastery. It is the first step to the healing and resolving of your emotions. But only the first step. Try this today and then ask yourself what the next step might be. If you are really interested to know, you will come to know!

## True victory

Victory is usually associated with being victorious over situations or people. We generally wait for situations to change and for everything to get all right. We also tend to expect people to behave according to our desire and requirement. We tend to perceive victory in having the last word. Yet we find that we are not able to experience being victorious. True victory lies in first winning over our own internal weaknesses. We can win over situations or people only when we win over our own negativity. Situations and people become instrumental in enabling us to discover our own weaknesses. When we work to remove these weaknesses, instead of blaming others for what is happening, we can experience true victory.

## Detached Observation

Detachment is the basis of our ability to be positive and affectionate with others while we interact with them. This is what is known as commitment and the relationship of detachment and it begins with what is known as a spiritual skill: the skill of being a detached observer.

One needs to be a detached observer in two dimensions: one within and one outside:

The **inner art of detached observation** is the ability of separating ourselves from our own thoughts, emotions, attitudes and behavior. On **the external level**, the art of detached observation is the art of being witness to the scenes that take place around us. While we detach ourselves and observe how the game of life develops, without being active participants, we are able to see the "big picture" with greater clarity. That makes it easier to see clearly what role we have to play and where our contribution lies. We are creators, and our thoughts, emotions and attitudes are our own work.

In reality, detached observation is the first step towards personal strengthening. If we don't manage to detach ourselves from our thoughts and emotions, they will turn into our owners and will consume our energy.

## Soul Sustenance

### Is It Possible To Manipulate The Law Of Karma?

Human laws can be adjusted, manipulated and even ignored by some, but no one can do the same with the Law of *Karma*. On the physical level, there is no time interval between an action and its reaction. If I throw an object in the air, it falls back immediately with the same force. With the Law of *Karma*, however, there can be a delay between the action and its result or fruit. The seeds of certain actions (negative or positive) bring immediate fruit. Others can take years or even many births to bear fruit. If I eat too much ice-cream, I will see the result or karmic effect of the negative *karma* of greed within a space of ten-fifteen minutes in the form of a headache or after two days in the form of a cold and flu. This is an e.g. in which we realize the working of the Law of *Karma*, we realize clearly the cause and its effect, but on a subtle level, when we see the effects of actions, we do not realize that the cause may have actually been in a previous life. There is a total connection between the cause and the effect.

When we analyze a natural calamity such as a major earthquake that uproots buildings and trees, overturns vehicles and kills thousands of people. The physical cause may be tectonic activity associated with faults inside the earth's surface but at the same time, we realize that such a calamity could have its roots in a process initiated by human beings a few hours, days or months ago – an e.g. being testing of nuclear weapons. On a personal level, I can say that there is nothing which happens to me for which I am not responsible. Whether I remember what I did to make it happen or not, whether I realize it or choose to ignore it, I am ultimately responsible.

## Message for the day

**The method to overcome weaknesses is to remind ourselves of our positive qualities.**

**Projection:** When we make a mistake we usually realize the need to remove that weakness but our identification with that particular weakness is so much that we are not able to overcome it.

**Solution:** Instead of reminding ourselves again and again about our weaknesses we need to remind ourselves of our positive qualities. The more we do that we will slowly be able to emerge these qualities and work with them and slowly we'll be able to overcome our weaknesses.

In Spiritual Service,  
Brahma Kumaris