



Lake Geneva, Switzerland

### **Create Silence**

Learn to create silence in your mind and peace will flourish in your soul. You will see life with other eyes. You will discover God's language. To be internally silent, do not think too much. Trust yourself. Trust others. Trust life. You will find it is easier than it seems.

## **Efficiency**

Plan ways to save money, time and energy.

Look at your priorities and see if you can drop the least important items to free up your resources. The stronger your reasons for saving, the more ways you will find to save.

Go on, make yourself more efficient. You can afford it.

## **The Concept Of Letting Go**

We have to dare to be free. Why? Because fear prevents us from taking the decisions that lead us to live and feel our full freedom. We should dare to let go because dependencies trap us. Let us look at a story that shows us what happens.

It is the story of a bird that, after having flown for a long time, leans on the branch of a tree to rest. While resting, it finds the wellbeing of staying there until, little by little, it gets the idea that its life is on the branch. When a day arrives on which it asks itself why it doesn't carry on flying, it says "Oh, this branch is stuck to me and I can't fly!" The bird blames the branch. In reality, the bird has got stuck to the branch. It has the capacity and the wings to fly but its perception is clouded. It no longer sees its purpose with clarity or its potential to reach it. The freedom of the bird is in its wings but it has got stuck onto the branch. That is the reality that it has created for itself.

The freedom of a human being is in his or her awareness. But when their awareness has got stuck onto the branch (the object of their attachment) and they begin to blame the branch for their impossibility to free themselves, then they are trapped. When our awareness is clouded and we are clinging on, we do not see with clarity and neither do we exercise our freedom and let go.

(To be continued tomorrow ...)

## Soul Sustenance

### Becoming Responsible For My Destiny (cont.)

Factors like any particular person, a group of people, the government, nature, even God, etc. cannot be held responsible for **what has happened to me in my life, up to this moment**. It is my and my responsibility alone. Equally, what my **future** holds depends on me to a very large extent. Rather, **whatever I choose to do at this moment is already creating my destiny for tomorrow**. I shouldn't forget that the only real time I have for creating my future is the present, now.

*Karma* teaches me that at every step, I am the creator of my own little world, the creator of my future circumstances. **I also am the creator of the environment immediately around me. On a bigger level I am a co-creator or partner, together with God, of a positive future of the world, of the world of tomorrow, of the world of peace, love and happiness**. So my responsibility and my ability to influence the future is not restricted to my life alone.

That I can create the future of my choice - of love, peace and happiness, for myself and others, can appear as unreasonable optimism. It's just being realistic. What I create is what is going to happen. If I choose to transmit love and peace in my interactions with others today, I create relationships, in the present and for the future, based on those qualities.

## Message for the day

**The one who is free from desire is the one who is able to maintain positivity.**

**Projection:** When we put forth our ideas to others we expect them to listen to us. Our idea changes to desire and when it is not accepted we then tend to become irritated. And along with it comes jealousy or dislike for the others and we find ourselves caught up in negativity.

**Solution:** We need to make sure that we share our ideas with others but at the same time we need to keep ourselves free from any selfish motive. When we put forth our idea in a detached way, we too will be open to learning and we will be able to accept any criticism or rejection that comes our way. Thus we will be free from negativity.

In Spiritual Service,  
Brahma Kumaris