



Summer's End

Summer, it's a time of abundance, to enjoy the summer sun, flowers and fruits ... but, summer, like everything else, doesn't last forever. If summer was forever, all the energy and potential would reach its limits and inertia would set in. And so slowly but surely, the cycle turns; everything moves on. Everything has its own time; it's own season. Remember, the end of something good, means the start of something also good. All you have to do is be connected and in tune with the natural flow of nature's energies.

Overcoming Possessiveness And Complexes In Close Relationships (cont.)

In yesterday's message, we talked about ailments like **possessiveness** and **complexes** existing in our family relationships today. Today we explain how meditation can cure these ailments with much ease. As I practice meditation, which is nothing but a practical exercise of experiencing soul consciousness, I carry that experience into my relationships. While interacting with each one of my closest of relations, I start becoming aware of myself as an eternal soul, an actor on the unlimited stage of the world, playing my act through the physical body costume and I see each one with the same consciousness. Also the realization grows that the role I am playing with others now is only one small part of the whole painting of life. I don't know where I was, in which part of the painting and with whom, before I took this birth, nor where I will be afterwards. The same is true for those with whom I am close. Depending on the type of relationship, I do have a particular responsibility towards each one of them whilst we are playing our parts together, but this only lasts a short time within this eternal timeline e.g. as father and child, each has a particular role today, but who knows about yesterday or tomorrow?

In meditation, I stabilize in the consciousness that I am an eternal soul, and that all human beings are souls, members of a huge spiritual family. Roles will change, but as souls, we only have an **unlimited spiritual relation**, we are brothers, but have no other **permanent** physical relation. **Becoming aware of this spiritual wisdom protects me against limited feelings of my mother, my husband, my sister and so on, where such feelings cause possessiveness and a desire to control, rather than pure spiritual love filled with equality.** All problems are reduced in relationships, when the personality trait inside me that tries to control others, or is controlled by others, is removed. Both of these are negative behaviors, caused due to lack of inner security, not true responsibility or concern. **By knowing myself as a soul, my self-respect returns and by seeing others in the same light, my respect for others returns.** From this strong soul-conscious spectator point, there is an inner detachment (but not a lack of love) inside me and I'll no longer feel a need to manipulate others or be manipulated by the other, but instead I will radiate pure feelings of genuine love, care and respect into my relationships. This causes the same energy to come back to me from my relationships.

Soul Sustenance

The Journey Of Time (cont.)

In yesterday's message, we had explained how the Law of Entropy works on a physical level. When the **Law of Entropy is applied to spiritual energy, our virtues, to the quality our thoughts, words and actions**, we can perhaps begin to see why, as individuals, we feel tired and old in virtues, irrespective of whether we are young or old physically. We can also understand why we succumb to negative thoughts, words and actions more easily than being influenced by the positive. In fact, the entropy of our virtues i.e. the spiritual entropy has followed the same pattern as the entropy of the physical world or the physical entropy (explained yesterday) i.e. **the spiritual energy or the energy of the virtues of the world has been reducing (as the world has become older and older) because it has not been renewed or re-energized from a source outside the system.** When we accept this movement from new to old, we understand the journey of time in a completely different way.

As we look backwards into the journey of time, we find that although there have been very important scientific discoveries and global communication has improved immensely, which have all contributed to give everyone an illusion of progress, everyone accepts that we are not enjoying healthier, more loving and peaceful relationships with ourselves, each other or the planet Earth. The reason for this is understood easily by applying the second law of time i.e. everything new becomes old. **At the present moment, the source from outside the world system (on a spiritual level) which is required to re-energize it and restore it to its original new stage is the Supreme Soul or God or the Spiritual Sun, who is an ocean of spiritual energy and divine values or virtues. In meditation we, as living beings, who are part of the world system, can absorb this energy or divinity from him and contribute to this process.**

Message for the day

Cleanliness of the intellect brings accurate decision making.

Projection: When the intellect is not clear, it is constantly wandering and it becomes tired. A tired intellect is not able to concentrate properly and so whatever decisions are made at that time are not so accurate. When there is cleanliness within there are no waste or negative thoughts and the entire thought power is used in the right way and so the right decisions are made.

Solution: When I am clean within, I am able to experience lightness. Because I am clean and clear within, I find that I do not have any conflict or difficulty in making decisions. Instead I will be able to find the flow of thoughts moving in the right direction very naturally. So I find things also moving in the right direction.

Trust

Many believe it is ignorant to trust the innate goodness of human beings, because you will be taken for a ride. But won't this mistrust gradually affect my own character and perception of life? Is it worth being insecure at every step just because others are dishonest? It is only when I have unreasonable expectations of others that I get disappointed with their inability to reciprocate my love and trust. God loves me irrespective of whether I am worthy of His love. His faith in me is so pure and powerful that it transforms me. Let me give as God gives; let me trust as God trusts.

In Spiritual Service,
Brahma Kumaris