



### **Attention, No Tension**

To be tension free, pay attention. Pay attention to the little things in front of you, as well as thinking and planning ahead. If you neglect or postpone all the small things today, they'll create tension for you tomorrow. So, today pick two small tasks from your to-do list and see them through to completion. Pay attention to the details and do the tasks well.

## The Power To Transform Emotions (cont.)

**Thoughts** may be temporary. **Feelings** (either positive or negative), accompanying repeated thought-patterns, stay a bit longer inside us. But when a soul suffers a major setback, loss or failure in life that it is not able to deal with, it becomes **emotionally** damaged and the results of that can be extreme.

Suppose I lose a loved one all of a sudden. If the feelings that come to me because of this loss can be taken care of at that time, through any means like the remembrance of God, meditation, developing a positive hobby to divert my mind, spending more time in the positive company of other family members, etc.; I will deal with the feelings and move on. If however, I am unable to deal with my feelings through any of the means mentioned, the experience of loss I feel is going to cause a lot of deep damage on the emotional level. Then it will not just be a feeling of loss, but it will actually have wounded the soul emotionally. Until that wound has healed, I'll carry it with me long after the loss has suffered. The emotions linked to it will come to the surface repeatedly, though I may have no idea where my sorrow is coming from. Due to the emotional wound, I'll be unable to stay happy, no matter how positive my circumstances may be today.

Meditation does not require me to go into the subconscious roots of my pain. Instead, through thought, **meditation enables me to take conscious control of my feelings and emotions, so as to displace the negative, which brings sorrow; with positive, which brings happiness.** It helps me experience pure, powerful emotions and loveful feelings to such an extent that the wounds left by past experiences are healed. Raja Yoga means 'royal union' - it means having a loveful relationship with God. The experience of God's love is a soothing balm for my emotions, and a remedy for the emotional pain the soul feels.

## Values

Every human life has meaning because of the value that he is able to add to everything that he does and every relationship of his. Values are the natural power of good within each one of us. Values form the basis of our relationships and growth. We enrich our own lives and the lives of those around us when values come into play. Focusing on these positive qualities/values helps us to transform old attitudes, to gain fresh perspectives and find unexpected answers. They free our path from obstacles and make clear life's opportunities.

## Soul Sustenance

### Experiencing Freedom in Relationships

How much are you influenced by what others think of you and how they see you? The degree to which you act on the basis of what you think others want and expect of you, allows them to have power over your inner and outer world.

Important aspects are **how you think others see you, how you want them to see you and how you see yourself**. The person who is not conditioned by how others see them, and doesn't even think about how they would like to be seen, but who rather is comfortable with themselves, has a presence that generates comfort. Others feel fine around that person.

Let us learn to free ourselves from the conditionings that generate the thinking of how we want others to see us. Let us feel the freedom to let ourselves be how we want to be.

Try it and you will see that the results are amazing. That way, as you go along, you will take off the masks that you wear due to the fears of what others will say and think.

## Message for the day

**The one with zeal and enthusiasm is constantly tireless.**

**Projection:** Zeal and enthusiasm brings the willingness to move forward under all circumstances. Never are there any excuses given, whatever the difficult situations or challenges that one might be faced with. Instead whatever has to be done is done without any tiredness. Also the best is made out of all situations.

**Solution:** When I am able to be enthusiastic under all circumstances, I am able to be tireless. This tirelessness gives me the courage to move on and experience constant success. I become aware of my own resources and make the best use of them. So I also experience internal progress, constantly.

In Spiritual Service,  
Brahma Kumaris