



### **Spotting the Qualities**

A compassionate person develops an eye for spotting the qualities that make each person special. Even when others are at their lowest ebb, it is possible to help them restore their self-belief by keeping a firm, clear vision of their goodness and specialties. Taking a gently encouraging approach, I must never give up on anyone.

## **One Step of Courage**

Many times when involved in something difficult, we begin to look for help from people even before we have started. Prayer is also one method which we rely on and wish for things to work our way. But not always do we find the help coming that is required. So we tend to get disheartened and maybe even give up trying altogether. The simple way to receive help is to first have courage. When I first take a step of courage using the force of all my resources, I automatically find others taking help from that too. For having moved one step ahead, I get the help from the resources available, from the people around, God himself & me. I thus recognize and make use of all the help that is coming my way. So I never need to beg for help, but find help coming my way automatically.

## **Understanding And Overcoming Fears (cont.)**

Listed below are some of our common fears:

- \* Dying
- \* Getting ill
- \* The unknown
- \* Loneliness
- \* Other people
- \* Authority
- \* Being rejected
- \* Being hurt
- \* Failure
- \* Change
- \* The future
- \* Being
- \* Being free
- \* Thinking and being in a different way
- \* Losing control
- \* Dreaming and making our dreams real

From these fears many other fears and blockages emerge.

## Soul Sustenance

### The Hurting Of The Ego

Almost every day or every second day we come across a situation when someone says something to us which is not very pleasurable or we chose to perceive it to be so. In either case, we feel insulted and get upset as a result. In some cases we react and display our feelings. In some, we don't. In either case, the result is a depreciation (decrease) in our happiness index. Why does this happen? It's because you have created, attached to and identified with an image of yourself in your mind that does not match with how the other sees or perceives you, as a result of which you believe you have been insulted and you get upset.

**As long as people's perception of you matches the image that you have created inside your mind of yourself, you are content with them, but as soon as the opposite happens, even if it is to a very small extent, you become disturbed, because you are attached to that image.** The more the attachment, the greater the hurt, the disturbance or reaction. You could examine this phenomenon very closely, taking place inside yourself every day. This kind of attachment mentioned above is called ego. **That's why the phenomenon explained above is called in common language 'the hurting of the ego'.**

**In tomorrow's message, we shall explain this phenomenon further with an example.**

## Message for the day

**Good wishes and pure feelings bring easy success while working at a task.**

**Projection:** If there are good feelings for both the task and the one who is carrying out the task, then the result attained by those feelings is automatically special. The feeling of giving love and cooperation, no matter what anyone is like gives good wishes and pure feelings. There is a deep impact of such good feelings which transforms others too.

**Solution:** When I am able to maintain my own good feelings for others, I am able to enjoy the fruit of my own pure thoughts. I am not disturbed by temporary clashes that I have because of the different nature of the person I am working with, but enjoy working together. So there are also good feelings from the other person too and so there is easy success experienced.

In Spiritual Service,  
Brahma Kumaris