



Offer Up

Free yourself from forcing, expecting or wanting someone to receive what you think they should take - it could be your idea, opinion, or an opportunity you think they should accept - you can't make anyone take anything - your own experience probably confirms this. Offer humbly. Offer gently. Offer as if you are a master, and then let go, and retire like a shy child. When you can dance the dance between being master and child, you'll be surprised how much more others will accept what you have to say, and how much more they appreciate your offerings.

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Faith

Your trust in others makes you get their cooperation. When you have faith in others, they will have faith in themselves too and this creates enthusiasm in them. This further serves to increase self-confidence in the one you are working with. When you find that someone whom you are working with is not cooperating with you, make the practice of telling yourself that you have complete faith in that person. Slowly you will find that person cooperating with you.

Qualities, Virtues And Powers

Innate or basic characteristics are properties that are unchangeable. It's impossible to take the heat out of the sun or sweetness out of sugar. Heat and sweetness are part of the unchanging make-up of the sun and sugar respectively; they are the basic properties of each of them. In the same way, in spite of whatever I have become as a human individual, my deep basic characteristics are still the same ones that have always existed in me. It's my inner core of qualities that in fact inspires me to seek the ideal in whatever I do. The impulse to seek and to dream comes from my own store of innate attributes that is just waiting to be found and brought into practical activity.

The innate qualities of the soul are those that are the most basic: Peace, Truth, Happiness, Love, Purity, Power and Bliss. They are so basic that they themselves are the foundation of all virtues and powers. They are like primary colors and virtues and powers are secondary colors. Just as orange (a secondary color) is made of red and yellow (both primary colors) and blue is made of yellow and green, virtues such as patience, tolerance, courage, generosity etc. and powers, are obtained by mixing the basic qualities e.g.

Patience - peace, love and, power

Humility - love, peace and truth

Courage - power and truth

The aim of meditation is to emerge and enhance my qualities so that my behavior becomes full of virtues and powers.

Soul Sustenance

The Soul Journey

A common question asked by many is – **“Do we go back to the soul world, the incorporeal world (non-physical world), the home of all souls, when we die?”** When we understand and experience ourselves as souls, as un-destroyable, eternal beings, we realize that death is only a physical phenomenon. At the death of the body, the soul enters another physical costume and a new chapter in its journey of life begins. Depending on the soul's **karma** performed through the body, its new birth is likely to be somewhere in the company of those souls with whom it has been close in previous births. It is quite a paradox that when a soul leaves a body, the relations which it has left, mourn over the loss of their loved one, and the new relations which it gets attached to celebrate with happiness, over an addition of a new-born entrant in their family.

The soul only leaves the home (the soul world) once in a unique, personal journey. This journey of the soul is not linear i.e. a straight line, with a beginning and an end. But, on the other hand, it is cyclic i.e. a circle, with neither a beginning, nor an end – although both leaving the soul world and going back to the soul world happen once each in every cycle. This soul journey can be compared to actors who leave home to go to the theatre to play their parts. They change costumes between scenes - they don't return home at the end of each scene, they return home when the play is finished, only to return the next day to repeat their part in the play. Each birth of the soul that it takes can be compared to a new scene of the play, which consists of many different scenes.

Message for the day

To have love for the self means to finish the weaknesses within.

Projection: When we make a mistake we usually think about it a lot and continue to feel guilty. The continued thought about the mistake magnifies it and we think it is difficult to change or overcome that weakness.

Solution: Like a mother who accommodates the mistakes of the child, yet has the best wishes for the child to be free from them, we, too, need to deal with ourselves with love in order to finish the weakness that is working within us. We need to recognise and work with some speciality that is within us, which will help us overcome the weakness.

In Spiritual Service,
Brahma Kumaris