



## **Acceptance**

See through God's eyes and feel through God's heart and  
you will appreciate the value of every soul including  
yourself.

## Lightness

When we are in a position where we are held responsible for something or people expect us to be answerable for something, we tend to feel heavy because of these responsibilities. With this feeling of burden, we are not able to fulfill our responsibilities to the best of our ability. Whatever responsibilities are given to us are according to our capabilities. Also the more we are able to maintain our internal state of lightness, it is easier for us to recognize and use our inner resources well. When we remind ourselves of this we'll be able to be light and give our best to fulfill all our responsibilities.

## Choosing Peace Over Anger

Making the choice of peace is a simple choice, which lies in the hands of each one of us, at every moment right through the day, every day. A lot of people would choose a world, the world out there, made of peace but spend most of their time remaining peaceless in their own inner world, and then in their next door world, i.e. in their personal interactions. **A lot of us would prefer a life of peace and we try to shape up such a life, only to be influenced by the old belief about how it's absolutely fine to get angry once in a while, without which it's difficult to get things done.** We also get influenced by those people around us who continue to get angry for the shallowest of reasons. These people could be either at home, at the workplace, in the friend circle, the world at large or people who do not matter too much to us but whom we encounter every day - at the vegetable market, on the highway, or even in the movies for that matter! Unaware of the root causes of their anger, all these people around us will find a thousand ways to justify it, and will keep continuing with the habit in their lives. Their emotional un-clarity is so deep and addiction to the emotion of anger is so powerful that they will probably laugh at the idea that anger is a negative emotion and is form of weakness or suffering. They will, on the other hand, say that peace is timidity and a form of weakness or suffering. So, if you do **choose peace over anger** in your life then you are also choosing to be in a state of power and becoming free from suffering as a result. However, **after having made that choice, to experience it in every moment of your life, it is necessary to rediscover where your peace is located inside you, it's true nature or essence, how to access it through meditation and finally how to use it or apply it in your daily life.**

## Soul Sustenance

### The Significance Of Spiritual Energy

Humans live and express themselves by means of four energy forms:

**Physical :** You breathe, eat and drink, and through this process you exchange atoms and molecules with the external environment and the inner environment of your body. A part of this energy will be used for growth and another part for physical movement.

**Mental :** The energy and power of thought. This energy has a big influence over the origin of many illnesses, so much so that it has been estimated that as many as 85% of them are psychosomatic (directly or indirectly influenced by our state of the mind) in nature. Your thoughts are also the seeds of your feelings, your mood and your attitudes.

(To be continued tomorrow .....)

### Message for the day

**The one who serves with the balance of the head and the heart is the one who is successful.**

**Projection:** We usually give directions to people when they go wrong. We also use a lot of logic when we give such directions, but it doesn't always have the desired effect. We then begin to consider the other person to be wrong.

**Solution:** What we need to do is to have a balance of both the head and the heart while giving our suggestions to others. That means we need to have a lot of love while giving our suggestions to them. Then whatever we say will have its effect on them.

In Spiritual Service,  
Brahma Kumaris