



Attachment

The root of suffering is attachment. You have created a space in your mind that holds a person or object as part of you. When that person or object is criticized, neglected or not with you, you feel pain in your mind and you experience a sense of loss. If you want to be happy, you must learn to love and appreciate while remaining independent.

The Present Moment

You've had a huge argument with a friend and you keep going over it in your mind but the more you think about it the worse you feel. By repeatedly going over feelings of unhappiness or anger in our minds which stem from incidents which have passed, we are hurting nobody but ourselves. Something might have happened to someone when they were six years old and, when they remember, the feeling comes back. Even if in the present moment those problems are not there, the feeling is the same. It creates peacelessness in the mind. The mind is not able to understand what is happening in the present. So, if you find yourself becoming angry and negative about past incidents, try to let go by bringing your attention back to the present moment. Life is short, so why spend any of it focusing on things which have made you unhappy?

The Law of Expectation

In our relationships with others, it is good to want the best: "I hope you do very well, I am sending you my positive energy and this is my way of encouraging you and giving you courage. However, if you don't achieve what I think you are capable of, I will not feel frustrated. I will not be dependent on you satisfying my expectations, but I will always want the best for you."

If you have faith and confidence that something will happen, it is a prophecy that must come true. The expectations we have of someone, whether negative or positive, do have an effect on the person we are relating to.

Many investigations into this question confirm the influence that the expectations of educators have, both in the performance and in the behaviour of their students. Everything points to the conclusion that the teacher's expectations form one of the most influential factors in the academic performance of their students. If a teacher expects good results from their students, their performance will be much closer to their real capacity than if their teacher is expecting poor results.

Soul Sustenance

Increasing the Power Of Discrimination To Improve Karmas

Many people feel internally and complain that their intellect is not as clear as they would like. One of the aims of meditation and spiritual knowledge is to **make the intellect strong, clear and clean, as a result of which there is an increase in the power of discrimination. An increase in this power helps us maintain a sense of what is right and wrong while performing actions and implement that awareness.**

Meditation brings about self-realizations whereby you realize what is happening inside you. Sometimes, while observing someone, we use the phrase: "He/she doesn't know what he/she is doing", referring to someone who is acting in an incorrect way. If we are to act in an appropriate way, we need to be aware and be awake to the consequences (results) of our actions. **The voice of the conscience brings with it that state of awareness, awakening, realizing and discrimination.** This is because, in meditation you feel quiet and you focus your thoughts inwards. In that state, the sound of the voice of the conscience is perceived and heard. It is a voice that is not affected by material worries or a preoccupation about one's image and public appearance. **During meditation, you are completely focused on the present moment of spiritual empowerment and not distracted by:** *karmas* which are necessary but unnecessary to be thought of that time, noise, unrelated ideas of the past and the future, mental chatter, etc., basically everything that separates you from your true spiritual self. In this way you can listen to yourself within and as a result ensure to the maximum extent that your *karmas* are appropriate and accurate.

Message for the day

Where there is humility there is the give and take of love.

Projection: Usually we don't even know when we are working with our ego because it is deeply concealed. Even when someone points out our ego, we don't want to accept it and we continue to work with it. Ego finishes the ability to learn and negatively effects our relationships because there is no give and take of love.

Solution: The method to overcome ego is to develop humility. Humility means to be strong within yet to be gentle and flexible. This enables us to bend i.e., to bow. When we bow it doesn't mean we are defeated, but it reveals our own victory. It is only when we bend and forgive will we be able to allow the flow of love in relationships.

In Spiritual Service,
Brahma Kumaris