



Members of a Great Family

Values are related to each other as if they were members of a great family . From peace and happiness emerges inner joy. From this state of wholeness love awakens and with it is the desire to share and give . Two of its relatives are tolerance and respect. All values have a shared origin which unites them - the peace of spirituality. When you lose peace you begin to lose everything.

Free from Waste

We usually have expectations for taking from others and situations. We do want the best from everything, yet we are not able to take as much as we are capable of. We try harder but are not able to get the best out of situations and people. We need to empty ourselves of all that is not required for us, before we can even think of getting the best of everything. We will be able to take the best, if we free ourselves from waste.

The Art Of Tolerance (cont.)

Life teaches you that you can widen the limits of your tolerance. When certain situations arrive, they are like exams in order to see your capacity to tolerate. These exams can first be the unpleasant words and harassment by people towards you. Secondly, the different obstacles that place themselves in your path, making it difficult to carry out your aims. There are also people that you trust who will oppose you. Your work colleagues or your partners or your relatives or even children turn into your enemies and create opposition because they are not happy about small or big issues.

With the feeling of satisfying those who are not happy, considering that they are influenced by something, holding on to benevolent (generous) feelings and with the power of silence and tolerance, you can make others advance, overcome and collaborate. You can teach the lesson of tolerance with sweetness, good desires and pure feelings. That way not only do you advance, but you are also a searchlight on the road, a medium, seeing whom, others can also advance.

Learn to tolerate with wellbeing. **Stabilize yourself in your inner being and, from that calm, clarity and stability you can tolerate without losing your wellbeing.** To tolerate is to accept, value, understand and appreciate. Not making a mountain out of a mustard seed (*rai* in Hindi) but rather the contrary, by taking expansion to the essence, turning a mountain into a mustard seed (light), a mustard seed into cotton - *ru* in Hindi (extremely light), as the saying goes.

Soul Sustenance

What Is True Love? (A Spiritual Perspective)

Emotional love can flower into true love when the fire of emotions cools down and is substituted by a wiser and more mature relationship. True love needs a fresh and renewing atmosphere, without fears. When you feel spiritually full, you feel flowing over with pleasure, happiness, wellbeing, and that state helps you to accept the one whom you love as they are, because from your fullness you give and share and you don't need or expect anything from the other. While you need something that you want the other to satisfy, you will have expectations and the fear that those needs might not be satisfied, and you will get frustrated more easily. When you feel like a being of peace, a being of love, a tranquil being, a being that is spiritually full and satisfied, your relationship with others is a relationship of sharing on a level on which fear is not generated. You are not asking for or taking anything from the other. An elevated sharing of love, of happiness, of knowledge, of wisdom takes place, in which you do not generate a dependency on the other.

Attachments and dependencies, fears and insecurity, block our experience of love, of peace, serenity, freedom, happiness. When you have a feeling of love that takes you to a state of joy, to wholeness, but then you attach yourself to the object of your love, be it a person, or a property, automatically the feeling changes into fear: you fear to lose the object of your love and, instead of feeling wholeness and enjoyment, you feel fear. Over time that attachment turns into a dependency and you start to become inwardly empty: that is, your energy level goes down. Love in its purest form is like a spring that pours forth for the benefit of others. Learn the art of loving, being free and allowing to be. Pure, true, love is an unconditional love that flows freely. Do not cling (hold on to). Love does not cling.

Message for the day

To be a leader means to invoke challenges.

Expression: Each challenge actually brings forth some hidden strength, some latent power. The one who is able to understand this, is able to face and in fact invoke challenges. Such a person with constant and unshaken faith moves on towards victory. Such a person becomes an inspiration for many and thus is a true leader.

Experience: When I know the art of facing and learning from challenges, I am able to remain fearless in spite of the several challenges. Much more than that, I am able to actually have the courage to invoke challenges understanding the fact that challenges makes me stronger. So I am able to face challenges with great ease and enthusiasm.

In Spiritual Service,
Brahma Kumaris