



The Popinator, A Voice-Activated Popcorn Shooter That Launches Popcorn Into Your Mouth  
<https://www.youtube.com/watch?v=b1cz8lasV4w>

### **Problem to Solution**

When a problem comes along, do NOT avoid it and think 'I can't do anything about it'.

Believe that problems always come along with a solution.

Create a solution frame of mind and you will find something somewhere. And then, before you know it, other solutions will start popping up, just like popcorn !

## Contentment

It is usually believed that when we are content we finish the desire to achieve and so we find no improvement in our lives. On the contrary, we also find that where there is no contentment the mind is disturbed and we are not able to give our best to whatever we do. Whatever happens we need to retain the happiness within ourselves. This comes only when we are content with whatever is happening in our lives. When we create such an internal environment, we will be able to have the enthusiasm to achieve more and more.

### Connecting To The Qualities Of Others

Meditation adds immense value and depth to my relationships. It also brings closeness in them. Many obstacles and barriers, both on a physical as well as a subtle level, come between me and others when my consciousness and as a result, my perception are struck primarily in the physical dimension. **If I hardly know five to ten per cent of myself, and that too mostly on the surface, my relationships are going to be similarly superficial.** With my self-respect built on very weak foundations, it will tend to be delicate and I'll be prone to trying to maintain it by thinking about and focusing my energies on others' weaknesses, sometimes real and sometimes even imagined. I'll also find it hard to realize and appreciate their qualities. Such is the state of so many human relationships today.

**In meditation, I go into the depths of myself, and deep within my inner being, I find the beauty of peace, love and happiness that is there inside me.** I also realize that this same beauty lies inside each soul. **Then naturally and very easily, without any effort, I get connected to the same qualities in others.** I also find the strength to do the same. I am no longer judgmental seeing others' temporary *sanskaras* of negativity. I find qualities that are basically there inside every soul: the original qualities or *sanskaras* of each spiritual being. It's like a basic prototype for the whole of humanity, which I deeply see and realize.

## Soul Sustenance

### Negative Control And Domination In Relationships

In a lot many of the different types of relationships we find ourselves in, may they be our personal relationships or at the workplace, we sometimes feel ourselves to be in a position where we feel we are being dominated and controlled negatively by the opposite person. A very common example of the above negative energy, in personal and non-personal relationships, is when someone gets angry with you and manages to make you react and get upset, they manage to dominate you. Over a period of time they start realizing that they possess an invisible and powerful remote control, using which, whenever they want to control you, what they should do is to get angry with you and that way they will achieve the desired control. Their anger becomes a remote control. When you react you are allowing this control or allowing the other's remote control to work. It is you that chooses to allow yourself to be influenced and dominated. It is important for us to realize that we can choose and take the decision to allow ourselves to be controlled and dominated, or we can choose to express what we feel without being affected by the reaction of the other and still maintaining our love, respect and good wishes for the other.

Let us not allow ourselves to be dominated and influenced by entities external to us which includes objects and people or we will lose energy. **Each moment we allow another person's remote control to work successfully or we allow an object to control and dominate our emotional state, we weaken internally. We become like a puppet in the other person's hands. A puppet is never powerful because it does not act on its own but is controlled by someone else. We need to prevent that, if we want to conserve our energy and remain spiritually strong.** Meditation and spiritual knowledge both increase our spiritual strength and also increase our self esteem or self respect over a period of time. Both these increases help us remain in self control and not only disallow the other's remote control to work but also become assertive (not aggressive) and take a stand when required.

## Message for the day

**True victory lies in inspiring courage in others too.**

**Projection:** The one who is victorious enables others to be victorious too. Such a person will never make the other person seem any less. He will never allow the other person to feel defeated because the one who is victorious is a bestower. He has the ability to give courage to others and fill with hope to achieve something better.

**Solution:** When I have the feeling of being victorious, I would naturally want others too to experience the same. I would look for ways to give courage and support to the ones who are losing. This will never let me lose hope in myself or in others and will also win the trust and good wishes of others. So there is a constant experience of being victorious.

In Spiritual Service,  
Brahma Kumaris