



## **Be a Lighthouse**

A lighthouse stays in one place and spreads its light in all directions.

We too can be like a lighthouse. Light emanates from the core of our being.

We each can radiate and spread our inner light across the world.

## Time

We are well aware of the physical resources that we have and make use of them too. But we become a little careless about the resource of time. We normally believe that to use time well means to plan the day well and work according to the plan, and we somehow manage to do that to a great extent. Yet there is a large amount of time going waste too. To use the resource of time well is to be aware of where we are investing it. When we are investing time in creating only positive thoughts, sweet or beneficial words and useful actions, we are able to find a lot of time being saved. And we are sure to get the best out of this investment too. We find ourselves getting good returns out of everything that we do.

### The Power To Transform Emotions

As with feelings, **when emotions are aroused, there are physical changes inside the body in the form of chemical and electrical activity. In fact, strong emotions don't just affect the body; they also have an impact on the soul.** When the soul suffers emotional trauma, from which there is lasting impact, the emotional trauma brings about an immense strain on the brain and body. Brain chemical production is likely to be affected, and there may also be feelings of depression and tiredness. But the real trauma at the root of these physical effects is at a deeper level within the soul itself, and the resulting emotional sensitivity will also arise from the soul.

e.g. I suffer a series of losses or setbacks in my business that causes a lack of confidence and self-respect inside me. A *sanskara* of low self-esteem is created inside. As a result I become emotionally unstable and sensitive. I'll show a tendency to react emotionally with extreme sorrow (may be in the form of depression) or extreme anger (sometimes in the form of an outburst) whenever there is a similar setback that touches this sensitivity. A person who has not suffered similarly in the past and does not have a *sanskara* of low self esteem, and as a result does not have this tendency, will not react in a similar fashion under similar circumstances.

(To be continued tomorrow ...)

## Soul Sustenance

### The Benefits of Togetherness over Isolation

Nowadays, there are more and more people who are choosing to live alone. Perhaps the reason for that are experiences in the past of pain, peacelessness, rejection, disappointment or failure when living together, in a relationship or even more than one relationship. As a result, the preference for living alone sets inside them. Perhaps, it is their alternative search for peace, happiness and success that leads them to make this decision. Also, the belief that if you live alone, you are free and you can do what you want, when you want and without having to explain yourself to anyone. But are we, as human beings, basically by nature, meant to live together or to live alone? **Each human being has the need to belong and provide that feeling to others.** You can belong to a family, a group of friends, a bunch of close school or college students, some office colleagues, a club, a community, a religious group etc. **The mere presence of others; the participation, communication and collaboration with others; the assistance provided to others and received from them and the sharing of positive energy with others in a group; inspires and challenges us and others immensely. The same can happen, if we are staying alone, but to a limited extent.** Greater inner spiritual empowerment takes place inside those who live and work together, not those who distance themselves from others. In a group, we broaden our limits and make our heart bigger when we do things for others that we wouldn't do for ourselves.

**Each human being is a source of love for others. It is a basic human nature to love and be loved, which is not possible unless there is some kind of unity or mutual belonging.** Distancing or isolating oneself implies an absence of love, neither given or shared, neither received.

## Message for the day

**True courage brings benefit to the self as well as to others.**

**Projection:** When there is fear, there is some kind of danger, either for the self or for others. The one who fears, or the one who doesn't have the courage to accept and face situations, is not able to bring out the best form within himself. Such a person is constantly thinking of excuses and is trying to blame others for the mistakes that happen.

**Solution:** With courage, if I am able to take up responsibility for every situation that I am faced with, I am able to be free from worry or tension. I will then be in a position to learn and so I find progress at every step in my life. I find others giving me a lot of good wishes for my sincerity. I also become an inspiration for all others too to bring about a positive change.

In Spiritual Service,  
Brahma Kumaris