



Paria Canyon -- Arizona and Utah, United States

### **Walk in your own shoes**

Would you walk a mile in someone else's shoes in order to understand them - where they're coming from and where they're going? But can we really understand others?

We can keep trying, but at the same time remember, someone else's shoes will not always fit.

To understand others better, we have to understand ourselves and walk in our own shoes. Understand who we are, where we're coming from and where we're going.

## **Consciousness**

Sometimes, while doing even a special task, our consciousness tends to become ordinary because of negative feelings for the self or others. Such thoughts make even a special task into an ordinary one. So what has to be done in a beautiful way is done in a very ordinary way. So there is a tendency to just perform action and finish the task at hand, which does not bring specialty and accuracy as much as it should. We need to understand that as is the consciousness, so is the feeling behind the task, and therefore its quality. When we are able to start each task with a special consciousness, like "I am victorious", or "I am powerful" or "this task is for the benefit of all", we are able to experience the specialty of doing the task. We are also able to increase our state of self-respect, whatever the task or however simple it maybe.

## **Self Respect**

Self-respect depends on knowing who I am, knowing my eternal (ageless), spiritual self. When I have found that sense of spiritual identity, I feel I have a right to be here, to exist. Without the spiritual dimension, it is very difficult to really respect myself deeply. In this case, I base my respect on identifying with the superficial (artificial) aspects of my being: looks, gender, success, my life partner, my intelligence. With such artificial identification, I will never have a stable sense of self-respect, because people's opinions change. Today they love me, tomorrow they reject me. What is the result of depending on their opinions? I will end up fluctuating all the time - feeling positive when they say good things, and feeling down when they say negative things. To stay stable in my self-respect, I need to have a deeper understanding of my spiritual identity (the foundation of this being that I am a soul) and tap into those riches that are within me forever, waiting to blossom, like the flower from the seed.

As I become spiritually aware, those riches and resources start flowing out of me. The more stable I am in my self-respect and spirituality, the more I radiate what I truly am. I feel a deep sense of contentment and I am happy to be me, however I am. I accept myself as I am.

## Soul Sustenance

### Neutralizing Anger

What is a good neutralizer for anger? Peace you would say. It's not only peace, but a combination of **truth**, **peace** and **love**, in equal amounts. Truth and peace are the two inner states, which never ever leave us. Both remain permanently within each one of us. We already know, inside our subconscious and sometimes even consciously, the **truth** about anger and we can call our inner **peace** whenever we want – it's there to be used. But what happens in real life situations is that we lose awareness of what is true i.e. the truth that anger is harmful and the truth of 'who I am'. And we also forget the practice of peacefulness because some negative situation or experience temporarily blocks our access to the peace of our heart.

Peace is also deeply connected with love and we all have experienced many a times that it is impossible to feel loving and angry at the same time. Both cannot co-exist. In fact it is **love** that is the healing balm for our heart, that we our self have stabbed and wounded by indulging in many anger habits since we were young. But what happens is that we search for love and peace from the hearts of others. That means we have not yet realized that we already have what we search for, within our own hearts. To heal the wounds of anger, which can be in different forms like irritation, resentment, hatred, revenge, rage, etc., it is essential to rediscover the **truth** of who we are and the **peace** and **love** of what we are.

## Message for the day

### Simplicity is the promise of happiness.

**Expression:** The one who is simple is able to see through the complications of situations and people. He has the ability to only pick out what is useful and worthy from the expanse of all that is available. A simple person's words and actions are the ones that give happiness to those around.

**Experience:** When I am simple in my vision and attitude, I am able to remain happy, as I am free from the complications of all that is happening. My mind is not caught up with unnecessary things, and I am able to remain easy in the most difficult situations. This attitude of mine also helps in creating an environment of happiness where others too experience this happiness.

In Spiritual Service,  
Brahma Kumaris