



Courage

Do not become discouraged in the face of adversity. Understand that the bigger the heart, the bigger the obstacles it is asked to accommodate.

Tapping Supreme Guidance

There are many occasions in my day-to-day life when I am not sure as to what my next course of action should be in that particular situation. The intellect is the faculty inside the soul which normally takes all decisions for the soul. But sometimes the intellect is clouded by my own or others' *sanskaras*, beliefs, opinions, inclinations, assumptions, thoughts, actions, past experiences, etc.

In such a situation, **I require the guidance of an entity who:**

* is above the whole situation and is seeing it as a spectator or observer and is not a player in the situation,

* is the knower of the three aspects of time (the past, present and the future),

* can see the situation from all dimensions or perspectives,

* is beyond all influences and is impartial,

* is extremely pure and clear,

* knows me more than I know myself,

* knows my benefit and harm more than I know it myself,

* someone who is selfless and is concerned for my well being the most, etc.

No human entity can fulfill all these requirements.

(To be continued tomorrow ...)

Soul Sustenance

Do Love And Suffering Go Hand-In-Hand (Part 1)?

There are two things that touch or move us in life: **pain** and **pleasure**. **Both create addiction.** We feel pain in the body, and sometimes it is even emotional. But suffering arises in the mind. The suffering in the mind arises from thinking negatively towards the self, towards others, looking at them with a vision or attitude that causes grief, sorrow and suffering. Both extremes, pain and pleasure, can create addiction. On creating addiction it can start to form part of someone's identity. Later if one tries to stop the addiction of pain or suffering, it can almost feel like a threat towards the self, and towards one's own identity as one perceives it, because suffering is identified with. It is too hard to see oneself as no longer suffering.

An e.g. in this regard is that of a mother, with three children, who was undergoing a meditation course at one of the Brahma Kumaris centers. Her daughter had learned to meditate and became very happy and joyful. Seeing her happiness the mother came to learn to meditate. With a few sessions she felt much more at peace and had very good experiences, but all of a sudden she decided to stop the meditation practice and leave the course because she was starting experiencing a positive detachment, which she perceived as negative. Now, she **was no longer feeling afraid of what might happen to her children.** The meditation was awakening in her a **love free from fears**, but it brought on in her an inner clash of beliefs between the old and new beliefs. Her old belief was **that to love someone is to suffer about them or create pain related to them.**

(To be continued tomorrow ...)

Message for the day

To think less is to remain happy.

Expression: Usually there is a tendency to think more than normal when there is a challenging situation. Although it is considered to be good to think more, we usually miss out on the fact that thinking more means having lots of waste thoughts along with those that are necessary.

Experience: When we find ourselves thinking a lot we need to ask ourselves if all these thoughts are really necessary. We need to recognize waste thoughts and replace them with something more positive. With this practice we'll find ourselves thinking less and at the same time having powerful thoughts which will keep us cheerful under all circumstances.

Generosity

To be generous means to be able to recognise the specialties within and use them for everyone's benefit. The one who is generous never expects others to understand or give but is able to give constantly from whatever he has. He is able to spread the fragrance of his specialties to those around. When I am generous, everyone around me is benefited and I find that I am able to win the love and respect for all. My continuous contribution inspires others to make effort to change and I become an example and inspiration for them. I am able to move forward with ease.