



Truly Precious

More valuable than the things we give to each other are the gifts of virtues we pass on quietly to others through our selfless and noble actions. These gifts are truly precious because they are imperishable and they multiply the more we share them.

Real Treasures

We usually have a lot of attention in accumulating wealth (money, physical possessions etc). We do take care not to waste anything unnecessarily. But the other treasures of thoughts and time get wasted away. So we are not able to experience real progress. Each day we need to check where our two main treasures of thoughts and time are getting wasted. Constant checking will help us realize and make us aware so that we no longer waste our real treasures, but use them in a constructive way to accumulate all other treasures.

Anger Management And Prevention

As you increase your self-awareness, you will also see how your anger begins with a moment of irritation towards a person or situation. If you then give attention to that irritation by replaying or revising the event in your mind, which is like giving water to a plant, it will grow into frustration. And if you water the frustration, it will grow into anger, which, in turn, will develop into rage.

Don't suppress and don't express your anger. What's left? Transform (change). The transformation of anger requires you to realize the root cause of your emotional pain. The realization comes by understanding deeply the self or the soul. When you see the cause it gives you a choice a) to stop creating it or b) continue creating it. Unfortunately, although many see why they cause their own anger and acknowledge responsibility for their creation, they continue to keep getting angry. They find many ways of justifying their anger. They have an 'anger addiction'. They are angerholics.

Are you ready to see the root cause? Do you want to make new choices? Isn't it time to break your emotional addiction?

Soul Sustenance

Worry Confused with Concern (cont.)

We are all linked together at a subtle, invisible level, and communicate with others invisibly. We not only send but also pick up the energy that others radiate, especially the ones that we are close to. We demonstrate with an example how this can work positively as well as negatively when we find ourselves in negative situations in our practical lives.

Suppose the class teacher of your child (we take the example of your son) calls up and says that while playing in the school playground, your son has injured himself. She doesn't explain much but says there is nothing to worry. She requests you to come and pick him up from the school. At this point of time your son **is radiating his own spiritual energy which is most probably the negative energy of fear, stress, anxiety and sorrow (although the teacher has informed you that he is fine).** **At the same time he is also picking up your subtle spiritual or mental energy.** You are driving to his school to pick him up. At this point of time, you only have a rough idea of what situation he is in exactly at that moment because you are physically far away from him. Guessing about the exact situation is making assumptions and is a waste of your mental energy. **If you make negative assumptions i.e. you worry and are scared, then you are sending him the same vibrations of fear, a negative energy, which he is going to pick up and it is not going to empower or help him in anyway but is more likely to weaken and disturb him and even disturb you in your driving.** You have been told that there is nothing to worry but still you know he is in a slightly difficult emotional situation and only he knows how he will come out of it. What will help him? He needs your support, but what will support him the most - we are talking about subtle support, because you are going to take some time to reach the school and provide him physical support? Your negative vibration of fear which you may mistakenly call concern or care as you imagine something bad has happened? Or the positive vibrations of your unconditional love and your good wishes, which is true concern or care? What will you send him to support him from far away? Worry vibrations or the vibrations of love in the form of your good wishes for them? Vibrations of love will keep you also in a positive state as you drive through the city. Besides, what is care or concern? It is you sending your positive inner spiritual light to help another and worry is definitely not that.

Message for the day

Determination enables us to overcome our weaknesses.

Projection: When we recognize any weakness of ours, we want to make effort to remove it. But usually we work on it for a few days with great attention. After some time, we find ourselves losing interest and the weakness gets stronger taking hold of us once again. We find ourselves exactly where we had started having no further enthusiasm to work on ourselves.

Solution: In order to overcome any weakness of ours, we need to have a strong aim in our mind to remove it. With this comes the determination to work on it without losing hope. Even if we find ourselves becoming slack, we need to remind ourselves that we don't want that particular weakness in our life. Then we will be able to work at removing the weakness fully.

In Spiritual Service,
Brahma Kumaris