



New Perspective

It is easy to create new things, change places or do something different. To keep that sense of newness that creates enthusiasm is more difficult. The secret of newness in life is not to do new things constantly, but to see everything you do with new eyes, new insights and a new perspective.

Worry Confused With Concern

One of the most **incorrect beliefs** that we have acquired since childhood is that **to worry is to care, worrying is caring**. Our parents are the people whom we grow up with and are closest to in our childhood. As soon as we are born, in fact even before we are born, even when we are in our mother's womb, they start transmitting the energy of this belief through their thoughts and later on when we are physically present in front of them, through thoughts, words and actions; to us, which we catch, because we being a spiritual energy, not only transmit or radiate but also absorb energy. As we grow up, this false belief keeps reaching us from everyone on a subtle as level as physical level from whom we meet and are close to including our friends, siblings (brothers and sisters), spouse etc. and **slowly we start accepting this belief as being completely true and**

lead our lives according to it and even transmit the same to others. That is why it is extremely difficult to find a single person today who does not live according to this belief or does not bring it into their daily lives to some extent or the other.

A very common example of the above belief which we all have gone through sometime or the other is when we are late by just a few minutes in coming back home from office. On reaching home, we are asked a thousand questions and by our family members, perhaps our parents or spouse or children about where we have been and why hadn't we bothered to call and also informed about another thousand negative assumptions they had made in that much time. Why? Because they had been worried for us. We are normally surprised with the fact they are worrying, because 9 out of 10 times we are late because of a not so serious reason, but our family members explain that we were worrying for you because we care for you. But worrying is not caring. **Worry is fear or anxiety and care is love or concern, they are two opposite emotions which can never exist together at the same time.**

In tomorrow's message, we shall demonstrate how on a subtle energy level, true love and concern is more beneficial than worry in coming out of negative situations, in which we find ourselves every now and then.

Soul Sustenance

The Four Phases/Ages Of Humanity (cont.)

Looking at the complete human story explained yesterday, we are now at the darkest period in human affairs i.e. the end of the Iron Age or *Kalyug*. Our spiritual power is at its lowest level. We are no longer one world but broken up into around 200 nation states. Like children playing all day in the forest until night has arrived, we realize that we don't know where we are or how to get home. We start to argue and fight with each other and small groups break away and go in their own directions. Many of us feel a sense of being lost. Our cries for help take many forms.

The world is full of fear instead of love, vice instead of virtue, sorrow instead of happiness, conflict instead of harmony. These are all symptoms of ill health at the spiritual and mental levels. When they have an impact within us as individuals, they result in physical disease and, when they become a part of our relationships, we harm each other (mentally and physically).

The only way we can heal, renew and re-energize our spirit or soul is to turn our faces to the Sun of Spirit or the Supreme Spirit (God) and, in that spiritual relationship, be open to receiving the pure light and love which reawakens, heals and re-energizes the soul. The healing of our relationships

can only happen when we, as individuals, realize that we are sources of love, children of the Ocean Of Love.

Tomorrow we shall be explaining what is the fifth phase/age of humanity...

Message for the day

Truth brings humility

Projection: When there is commitment for truth one has the courage to express this truth in all aspects. Even if others oppose or criticize such a person is never affected. With humility he is able to learn from everything that happens and further uses each learning to go closer to the inner truth.

Solution: When I am firm in my commitment for truth, I am able to enjoy the beauty of everything that happens in my life. I recognise the fact that everything and everyone is instrumental in taking me closer to the truth. Thus, I am able to remain humble appreciating everything and learning constantly.

Stability

During chaotic and challenging situations the mind is very naturally with negative and waste thoughts. At such times, we do make an attempt to stabilize and focus our thoughts. But we are not very successful in doing this; however hard we may try to. So we only wait for the situation to change. But in the process we lose a lot of energy and time. It needs a long time of practice of keeping the mind free from negative and waste in order to experience stability in the present situation. For this we need to practice with a positive thought each day, which remains as an experience in whatever we do. This practice helps us during the time of need.

In Spiritual Service,
Brahma Kumaris