



Clean & Honest Heart

Deceptive love is love where there is no honesty in the heart. It creates dependency, and looks more like a deal than a relationship. This kind of love has become like a drug. We don't want love that is going to make us dependent. Love should be such that it makes honesty and truth grow. It is honesty that shows us what love is and real love shows us what honesty is. The way to free ourselves from dependency on false love is to experience the fullness, the sweetness, of love that is true. Replace poison with nectar and it will be easy to recognize the worthlessness of false love. We should not just accept whatever love comes our way - from here, there, everywhere. If somebody wants to give you love, first see what kind of love they are offering. Your intuition should realize very quickly what kind of love it is. To experience true love we should ask: Is my heart clean? Is it honest? Is it open? If it isn't, if my heart is still broken, I will not be able to experience true love.

Introspection

We should have courage to work on the self is to find the beauty within. Situations come that challenge one's own strength. At such times the mind tends to become weak displaying weaknesses. Then there is no courage to look within. The one who is able to be introspective at that time is able to find a new learning. He is thus able to express the beauty that is lying within. When we understand that at each step of our life, situations come to bring out some quality from within, we'll never be afraid of situations. we'll have the courage to challenge our own assumptions and move forward based on the learning that we get and the beauty that we have been able to discover.

Communication (cont.)

Here are some more **common reasons for blocks to communication:**

- * **Lack of sincerity.** When our thoughts and feelings are honest and respectful, then the hearts of others will open to us. A positive highway of trust is built and communication flows positively.
- * **Creating negative perceptions (understandings) and emotions about others** i.e. how we visualize or label them. Such emotions, no matter how well hidden, are finally always communicated to others on a subtle (non-physical), non-verbal level, and create an atmosphere of tension and unease.
- * **Not letting go of negative perceptions (understandings) and emotions.** The only method to revive our relationship with others is to let go of negativity on a daily basis, to prevent it from building up. Far too often, the build-up happens without us even noticing it and, we wonder why positive feedback is not coming from the other side.
- * **Lack of silence.** To go deep into the self and put our thoughts and feelings into silence enables them to become positive. The silent relaxation defuses (reduces) anger and the blame and complaints that often go with it.

Soul Sustenance

Projection of Mental Energies in Relationships

Sometimes in relationships, **you believe that the other person is hurting you because they do not meet your desires, but in such cases how can you know if it is really true?** Let's go a step ahead; **does the belief that they are going to hurt you influence the situation until in the end it happens?** Perhaps they won't hurt you. Your belief that the other is going to hurt you is not so powerful that it will necessarily affect the other person. But it affects you yourself. They may not hurt you at all finally, but you will end up hurt, you will become emotionally ill, even psychically ill sometimes. The symptoms will begin to show themselves and you will say: "Did you see? I feel hurt, I keep telling you so." So your belief caused you to get hurt and not the other. The other person isn't you. **In relationships, a moment comes when you don't know if it is their fault or yours, if it is their responsibility or yours, if that person has caused the irritation inside you, or if it was you, if that person began the argument or it was you, if they created the conflict or if it was you, because we project (throw) our energies onto each other.** All of this drives us to frustration. A lot of power, negative or positive, is needed for a person to be able to influence others with their consciousness, it is easier to influence ourselves. This is a basic principle of human relationships, which we don't understand. We don't understand, and the reason is that we don't see ourselves, because we are always looking at the other, putting the responsibility onto them, blaming them, criticizing them.

Message for the day

True change brings benefit to all.

Expression: When there is someone who is behaving in a way that is not right, the usual reaction is to have negative feelings for that person. All words and actions based on this negative attitude will naturally create negativity. Instead it is good to see what could be done to benefit the other person. Raising complaints only takes away inner peace.

Experience: When I bring about a change that benefits even the person who is making the mistake, I am able to remain in peace with all types of people. I am not worried about why a person is behaving in a particular way, but I am able to see what is to be done in order to remove that particular negativity. The hatred is not for the person but for the negativity itself.

In Spiritual Service,
Brahma Kumaris