



Thor's Well, Oregon, USA

## **Mind the Gap**

The gap between what you say and what you do, between what you promise and what you deliver, is like a drain in the road. The drain is where water escapes, just as your power will seep away if there is a difference between your words and your actions. Ask yourself every day, were your thoughts, words and actions aligned? Ask someone else what they saw in you too. Feedback is the food of all positive change.

## **Being Aware of Specialties**

Normally to be special we believe that we have to get a chance from the situation. So when the situation is good we are able to use our own specialties, but when the situation is not so good, we tend to come back to ordinary or waste. So we are constantly waiting for opportunities to reveal our own specialty and at other times being coloured by the negativity or ordinariness of the situation. When we are aware of our own specialties in a conscious way, we are able to add quality and beauty to everything that we speak or do. Nothing of ours is then waste or even ordinary but everything we do becomes special. We are able to make everything more meaningful and powerful. We are not caught up with the ordinariness or the negativity of the situation, but are able to enjoy the moment by colouring it with our own special quality.

## **Freedom From The Dependency On The New (cont.)**

In the market, there always appears the novelty (newness) of the same product wrapped differently. There always seems to be a new soft drink, a new kind of chocolate, but they are really the same products as always. The only thing that changes is the packaging and their image. Some children, whenever they go to the market, want the new kinds of biscuits, pastries, etc. They always want new things that then stay in the fridge. We encourage this by telling little children that happiness is stimulation, the new is stimulating, and comes from the outside or you get it from the outside. We create an addiction to the new; in this case, to the newness of the packaging. What kind of newness is that!

When, in order to be happy, you need to go shopping, you try to fill yourself with something that isn't you. You try to find wholeness by filling your life with material things. A soul who is spiritually awake knows that they are already complete and they do not need to depend on the purchase of something new regularly for feeling full internally. The only effort is in remembering and reconnecting with their whole self, their complete self; reconnecting with their inner treasures of spiritual wisdom, virtues and powers.

## Soul Sustenance

### Absorbing Spiritual Light - Part 2

How many times do we hear, \* Oh, he is always in a bad mood..., \* It is my nature to be irritable..., \* He will never change... This shows the extent to which the soul's own light has faded and been replaced by the dark curtain of negativity. Therefore it is better that we do not try to deal with each vice and defect individually. As the soul fills itself with the power of spirituality, its overall condition automatically improves.

Another significant point is that **there is a deep-rooted awareness within the soul of God and His *sanskars***, however much it may be covered by dirt and weakness. This is because each soul is the child of God and being his children we inherit his *sanskars*. These *sanskars* are present in us when we start playing our part in the physical world, but gradually they fade away as we take more and more births. **As these *sanskars* are brought to the surface of the consciousness, automatically our thoughts and behavior patterns change.**

In modern psychology it is stated that we must express all our negative emotions and not suppress them. But the fact is that letting it out leads the soul further into slavery to that emotion. Remembering that **thoughts, decisions and actions are formed on the basis of *sanskars*, which are deepened by repetition**, the soul can only cause harm by expressing any defect or vice. On the other hand, the psychological effect of suppressing negative emotions can be quite drastic. Suppression can lead to severe personality problems, even madness or insanity. The right path is that we emerge our positive *sanskars* with the help of meditation and other self-development techniques and the negative ones automatically vanish away.

(To be continued tomorrow ...)

## Message for the day

### Patience brings easy solutions.

**Expression:** What one cannot achieve with pressure can be very easily achieved with patience. Patience brings a state of calm inside which helps in finding the answers that already lie within. It gives courage to work on the problem in a cool and relaxed way till the solution is found. It brings creativity even to mundane things.

**Experience:** When I am able remain patient even in the most challenging situations, I am able to remain calm. I don't let go of my inner peace but am able to be aware of my own inner resources. I am able to retain my inner strength which gives me courage to find the solution for every problem.

In Spiritual Service,  
Brahma Kumaris