



## **Humility**

Humility grows a little more each time I step away from my own feelings and opinions and genuinely listen to the experience of another human being. Humility is dedication to the extent that no acknowledgement is sought for the self. Only when I have learned to value others no more or less than I value myself can I be said to be truly humble.

## **Compassion**

A compassionate person develops an eye for spotting the qualities that make each person special. Even when others are at their lowest ebb, it is possible to help them restore their self-belief by keeping a firm, clear vision of their goodness and specialties. Taking a gently encouraging approach, I must never give up on anyone.

### **What Is The Source Of Our Feelings - cont.?**

The longer I experience thoughts and feelings of a particular variety (explained yesterday), the greater is the soul's inclination to generate those feelings. This can reach the point where feelings take over, and I experience their impact even though they are no longer consciously connected them with my thoughts e.g. my office colleague has done something incorrect without taking my opinion, and there's a series of negative thoughts running through my mind, such as 'Why did she do like this? It shouldn't have happened like this. How dare she! Why on earth didn't she consult me? I do wish she wouldn't be so unreasonable. It would have been much better if the task had been done like that', etc. Bringing over thoughts of this type in my mind leaves me with a negative feeling - a feeling which is critical, nasty and rejecting.

What is worse, when I have let feelings like this emerge; it is very easy to carry them over into circumstances where they have no relevance e.g. it is the evening time now - I have left my office to go home, and in my mind I am now occupied with thoughts related to my children and groceries that I have to buy to on the way back, but the unpleasant, critical feelings for the colleague are still with me to the extent that they affect my behavior. I react over some minor issue with the grocery store keeper, creating bad feeling in him as well. Or, the other way round, I carry bad feelings due to an argument at home, with my wife, into my office, and then create an atmosphere of irritation in the office instead of comfort and warmth.

## **Soul Sustenance**

### **Relieving The Stress Of Subtle Inner Burdens (Part 1)**

All of the matters, messages, ideas and feelings that you want to communicate and/or clear up with someone but you still haven't done, mean an inner burden that you sustain. To communicate the essential, and what has meaning to people that you love and are important for you, is an act of love and care. To leave pending conversations and to postpone them means to accumulate things to say, matters to clear up and ideas to dialogue with, inside you. It means a burden that prevents you from living the present with full freedom. You have something pending. There are people who, only on the verge of death, quickly say what they feel, to clarify matters and to communicate feelings. It seems that feeling death to be near gives them the courage to dare to open themselves and communicate that which they have wanted to say for so long but have put off.

Sometimes we feel the burden of not having expressed our feelings to a closed loved one, before he/she has died, about how grateful we are to them or/and how sorry we are for some incorrect action committed towards them. We put off the expression of the feelings until it is too late and the loved one dies. Even after a long time after that, we continue to feel the burden of the postponement within. What might have been, and was not, can no longer be fixed. We simply have to accept how the past happened and not live with regrets that increase our inner heaviness. We have to learn from it, not put off conversations, but clear up matters as they arise and not be afraid to do so.

(To be continued tomorrow ...)

## Message for the day

### To be wise is to enjoy the beauty of life.

**Expression:** Wisdom gives the understanding that life does not function haphazardly. It teaches that everything that happens in this theatre of life has deep meaning and significance. Wisdom also brings the understanding that what is reaped today is a result of what was sown yesterday. So whatever actions are done now are filled with positivity and beauty - for, there is always the desire to reap better fruits.

**Experience:** When I have the true understanding I find myself satisfied and content with everything that is happening in my life. Yet there is the desire and the urge to go on being creative and using my resources for the benefit of all. I go on planting beautiful seeds of positivity and power. So I continue to enjoy the fruits of the seeds I plant. I never stop with obstacles but move forward with confidence.

In Spiritual Service,  
Brahma Kumaris