



## **Original Qualities**

To be controlled by anger is to repress the soul's original qualities of tolerance and love.

## Intuition

Only when we find the quietness in our own minds can we begin to hear our inner teacher, so that we may receive some in-tuition. Only when we are ready to recognize and value the wisdom that we carry at the core of our being will we turn our attention inwards and 'listen in'. But it's been a long time since we truly listened, so a little practice and patience will be needed. Sit down, be quiet and listen in at some point today and you might be surprised at what you hear. Then do it again tomorrow. All you need to do is remember that you are the listener and not the noise.relax7

## Realizing The Law of Cause and Effect

To imagine how the law of *karma* works, consider what happens when we throw a stone into a lake: it causes ripples that spread out towards the shoreline, before returning to the center point.

Human beings constantly emit energy. We create thoughts, emotions and feelings that transmit vibrations. There are people who tend to radiate energy and others who tend to absorb it. The energy we give off hits other people and rebounds back to us. From this law we should understand that if people send us energy that is not very pleasant, perhaps it is because on another occasion we sent out this type of energy, although it may have taken a long time to come back to us.

If we make an effort to give off positive energy, with love and respect for others, this energy will also come back to us. Positive energy creates a higher vibration than negative energy. Radiating positive energy produces an aura around us that protects us from negativity or from feeling hurt or humiliated. Our ego, which causes the radiation of negative energy, makes us susceptible to criticism, lack of respect and slander. If our ego does not take over, the negativity will not touch our inner selves.

**Tomorrow we shall explain the benefits of realizing this law.**

## **Soul Sustenance**

### **Internal And External Attachments - Part 1**

Attachment can be on two levels - either internal or external.

Some common examples of external attachments are attachments to:

- \* people,**
- \* objects,**
- \* your physical body,**
- \* your position or role in your family, society or in your professional field,**
- \* money,**
- \* places,**
- \* physical comfort/comforts,**
- \* the way you look or dress up or carry yourself or your physical personality in general,**
- \* a particular skill/skills,**
- \* a particular interest or hobby like watching movies, online social networking, etc.**
- \* your routine or a certain way of working at home or at the workplace,**
- \* respect from others,**
- \* how people see you or behave with you or what they think of you, etc.**

(To be continued tomorrow...)

## Message for the day

### True honesty brings clarity about the self.

**Expression:** Honesty doesn't mean just speaking the truth. Honesty means being clear with oneself. Then it naturally brings clarity about one's own capabilities. This clear understanding enables one to do the best according to the capacity. It gives the recognition of a higher step that can be climbed and brings the humility to learn from the different lessons of life.

**Experience:** When I am honest I am able to know my own limitations and accept them with love. This acceptance keeps me busy with what I can do and also silently makes me ready for the next step. When time comes, I am able to do it, because I have already prepared myself for it. I don't stop when situations demand more from me because there is total clarity within.

In Spiritual Service,  
Brahma Kumaris