



A Solution

Problems are simply challenges waiting for solutions to meet them. The two are partners. Think with resolve that a solution will present itself and it usually will.

Injustices And Suffering In The World - Applying The Law of Karma

We are presently living in a closely connected world where everyone knows what everyone else is doing, as they are doing it. Each day brings scenes and images, through the media, in front of us, of many apparent injustices and suffering of individuals or groups of individuals. Whether it's in the office, or in the market or on the television news, we hear and see reports of people suffering tremendous pain and sorrow at the hands of others. At these moments, our sense of injustice is stimulated and it becomes easy to rise in outrage against the sinners. In the process we ourselves suffer from our own self-created anger and perhaps hate. This process then becomes a habit and an inner pattern we begin to repeat, not only when we encounter scenes of global peacelessness, but the moment someone in the family or at office does something similar. A panic button is pressed and we react with the same pattern.

What we forget in both global and local contexts, is the **history and geography of karma**. Every scene and situation has a variety of related causes in both time (history) and space (geography) e.g. emotions of hatred and revenge amongst various countries and religions (in different parts of the world) and the actions connected with these emotions has underlying hidden causes, related to the Law of *Karma* (Law of Cause and Effect) which go back sometimes to hundreds of years - X is doing something with Y because Y had done something similar with X sometime in the past, **but in different physical costumes**, sometimes quite some time back in history - this is the reason, we often fail to take these causes into consideration when viewing these negative scenes and situations, because we see the situations with a limited perspective of present physical costumes and circumstances.

(To be continued tomorrow ...)

To understand that I am a creator of my thoughts is to have the power to control them.

To control thoughts after they go out of control is really difficult or almost impossible. But when I understand that I create thoughts, I can have mastery over them. From time to time, I need to remind myself of this, keep a check on my thoughts, steer and stop them whenever and wherever necessary. Today I will take one thought, "I am the master and creator of my thoughts. So, I have the reins in my hands and can guide them how I want." Even if any other thought comes, I can have a control over them, instead of them controlling me.

Soul Sustenance

False Attachments

Are you aware that whenever you lose your true self-awareness (soul-consciousness), you will identify with and get attached to something that is not you? It could be another person, your work, or some material possession. Let's say you are attached to your job and one day, due to rising costs, your company decides to downsize and starts laying off thousands of its employees - all of a sudden you are asked to leave. The attachment to and identification with your position in the company, which has become a habit (*sanskara*), causes the creation of **fearful and angry thoughts** (e.g., "I'm going to lose my job" (fear related to the future) or "How dare they downsize the company and damage my position" (anger towards the company and its leadership)). **The destructive energy of these thoughts becomes emotion (energy in motion) which then invades your entire mind so you cannot have clear and calm thoughts** (the prime requirement of that moment). **It hijacks your intellect so you cannot make correct, wise decisions and choices** (also the prime requirement of that moment) for the future. Any connection you had with your inner peace is broken. All this happens because you forgot who you really are and had begun to think you are what you do. When seen from the point of view of this example it sounds ridiculous that we should identify with what we do or what we have, but this is currently how the world and its people work. So, never forget who you truly are!

Message for the day

To be free from negativity is to be free from limitation.

Projection: In many situations I tend to feel helpless and bound by different things and people coming my way. I continue to blame others for my difficulties, but find no solace or solution. I also look for solutions outside, but find none.

Solution: The real cause of my limitation or my feeling of helplessness is not situation or people but my own weaknesses. I need to check and realize the weakness working within me, in that particular situation and I will be able to overcome the limitation.

In Spiritual Service,
Brahma Kumaris