



## **Power**

Give birth to new possibilities through your ability to reach into the future and let go of the past.

## **The beauty of interactions lies in an exchange of virtues.**

Every interaction is an opportunity to exchange virtues. The more we have this understanding and aim; we will be able to give an experience of virtues through our mind. We will also be able to give an inspiration of virtues through our deeds. For having expressed and experienced virtues, we too will be benefited. We would get a lot of good wishes, blessings and virtues from others too. Today I will give an experience of one virtue to at least 3 people. I will use the interactions with them as an excuse to use and express my qualities. The more I do this, the more I find my interactions becoming harmonious and beautiful.

## **Breaking The Cycle Of Negative Energy Exchanges (Part 1)**

A common term that we use in relationships is: 'the following person manages to always ruffle my feathers'. There are always those one or two people in our lives, just being in the company of whom, makes us uncomfortable and they will almost all the time do something or we will perceive their doing something, in such a way, so as to irritate us. Instead of simply accommodating the other person's nature, we find our self pinched by their nature and actions based on that nature repeatedly, although that may not be the intention of the other person at all at times. **The effects of these negative feelings, in the form of reactions, created by us in return, would be limited if they were restricted to us and were to cause discomfort only to us, but what these feelings do is that they start a cycle of negative actions and reactions inside us, whereby such harmful feelings keep reaching the other person.** On receiving this energy, the other person in turn starts perceiving us negatively and reacts or thinks about us in a similar way and an emotional cold war begins between us and the other person; negative thoughts, feelings, attitudes, words and actions are exchanged with each other from time to time and negative karmic accounts or bondages are created with the other person, which keep getting stronger and stronger. In such a scenario, even if we or the other person, from time to time, act or react in a positive way on a physical or non-physical level, that does little to break the negative bond and make the relationship positive, because a little bit of positive is accompanied by a lot of negative, and what it can do is only dilute the negative a little bit but not remove its effects completely.

So, how do we break this vicious cycle of negative energy exchange? We shall discuss some methods for that in the next few days' messages.

## Soul Sustenance

### The Four Pillars Of A Spiritual Lifestyle - Achieving A Balance

A balanced and fulfilling spiritual life is like a table. It stands on four legs and if one leg is shorter than the others then both balance and equilibrium will be difficult. The four legs or pillars of a spiritual life are given below in the form of four subjects. If any of the subjects is not a part of our lives or is a part of our life, but not to as great an extent as the others, then the overall balance of our spiritual life will be affected adversely (negatively).

#### **1. Daily spiritual study (knowledge or *gyan*)**

Daily spiritual study provides the right quality of nourishment for our mind and intellect, the two important energies of the soul.

#### **2. Daily meditation (spiritual *yoga*)**

Daily meditation provides the means to explore, discover and reconnect with oneself and with God.

#### **3. The inculcation and development of virtues (*dharna*)**

Giving some time each day to the conscious development of our character (virtue) helps to eliminate any negative *sanskars* or personality characteristics (vices) and improves our ability to build positive and harmonious relationships. The quality of our relationships is a mirror reflection of our *dharna*.

#### **4. The service of others (*seva*)**

A life purpose based on some kind of service is the foundation of personal growth through the practice of giving. Finding appropriate ways to use our increasing spiritual power and understanding (through the three subjects mentioned above) for the benefit of others is the most satisfying way to use our energy today. It also ensures happiness for the present as well as for the future through accumulation of positive energy in the form of blessings of those who are served.

## Message for the day

**The one who follows the right method gets easy success.**

**Expression:** When there is a clear aim of what has to be done and how one has to go about doing it, then there is accuracy in all words and actions. Whatever effort is put in is according to the system and is naturally accurate. So when there is accuracy in all that is done, the fruit of that is also right.

**Experience:** When I have been following the right method for whatever I have to do, I am able to remain happy for the effort that I have put in. I am also able to be patient and wait for the fruit of my effort to come at its own time. I am never in a hurry, so I always experience success whatever the outcome of the task may be.

In Spiritual Service,  
Brahma Kumaris