



Gladys Roy and Ivan Unger playing tennis on a flying airplane at 1000m altitude. Los Angeles, 1925

Courage

**Make courage your companion and you will continue to
receive success in every action.**

Benefit for others

When there is a balance between easiness and reliability, there will be benefit for others. When we understand our responsibility we would understand that what we do effects the lives of others too. So we will be cautious. Apart from this we will also know to take care of our own well-being because we would know that others will gain form our healthy attitude. Let this day be dedicated for removing some weakness within ourselves that is creating an obstacle for others and us. When we do this we will not only be helping ourselves but there will be benefit for others too.

Perfecting The Art Of Detached Involvement In Relationships

Perfecting the art of detachment involvement is a necessity if we are to meditate successfully. But a newcomer to meditation might wonder how can we become detached? Don't we have to run our homes and offices and interact with people even if we are practicing meditation? Then does detachment not mean that we are withdrawing from our relationships and becoming cold?

In almost all spiritual paths right through the passage of time a lot of significance has been given to the practice of detachment. This is simply because one of the deepest habits all souls have developed in the cycle of birth and rebirth is attachment and we don't realize that whatever we become attached to becomes a trap for our consciousness, for the self, which causes the creation of fear inside us.

So then how do we know that we are attached to someone or something? We know that we are attached when we start thinking about someone or something when they are not present with us and when there is no need to think about them. Sometimes realizing and sometimes without us realizing consciously at that time, our mental energy is being drained and we do not have control over our thoughts and feelings. Whenever we become attached to anything, we automatically invite fear to be present, whether it is to people, objects, position, power, money or even an opinion. Any form of attachment means there will be a fear of damage or loss. Fear then takes many forms like worry, anxiety and stress as it hinders our spiritual growth. Where there is fear, love cannot exist. Detachment is the foundation if we are to remain positive, fearless and loving towards others while interacting with them. This is known as detached involvement.

Soul Sustenance

Nurturing My Relationship With Myself

One of the most significant areas of importance in any human's life is that of **relationships**. Someone with very good, close, harmonious and loveful relationships with loved ones, friends, colleagues, etc. is normally considered very fortunate or lucky. **But of all relationships, the first and most basic one is the one I have with myself.** So, how good, close or deep is my relationship with myself? How well do I know myself? Am I my own friend? If I think over the last week or fortnight, how many of my reactions were unexpected or uncontrolled or basically not the right ones? How many reactions left me confused, sad, unenthusiastic, peaceless, depressed, negative in any other way or in short uncomfortable? If there have been several such situations, it is an indication that there are still things deep within me that I do not know.

Normally a friend is someone whose company I enjoy, for whom there is love and from whom there is some benefit. **As in any worldly relationship, without knowing a particular person to the core I can never have a deep relationship with that person.** As the phrase 'spiritual knowledge' implies, it is the knowledge of the spirit or the self. Only by knowing myself completely and having a good relationship with the self, can I channelize my inner potential that I have within myself - just as water from a river, when properly channelized, provides water for various purposes. In any worldly relationship, if enough time and attention is not given to it and it is not nourished, it gets affected negatively. In the same way, though it's obvious that I have to spend a large chunk of each day involved in situations arising from my duties, routine activities, responsibilities and worldly relationships; my relationship with myself should also be given enough time and attention, so that it does not suffer. If I am not careful about that, my worldly life may use up my energy completely and discharge my inner battery. **I need to find times in the day when I give time to my relationship with the self and recharge myself. The peace and happiness I long for internally will be obtained by having a good, positive relationship with the self.**

Message for the day

The one who has attention on the self is the one who constantly experiences progress.

Expression: Whenever I am faced with a situation, it is very easy to think and talk about others and their mistakes. I hardly have any time to look at and understand myself and my mistakes. I then continue to repeat the same mistakes again and again.

Experience: Whatever the kind of situations I am faced with, I need to remind myself that I am the one who is going to benefit by bringing about a change in myself. So with this thought I need to constantly continue to check myself and bring about a positive change in myself.

In Spiritual Service,
Brahma Kumaris