



## **Great Souls**

Great souls take advantage of every moment and every opportunity to give happiness to others through kindness in their thoughts; such souls are willing to overlook weaknesses and mistakes and have the desire to help everyone reach their potential.

## True Contentment

Many times I find that my words, actions or behaviour tend to upset others in spite of my not wanting to hurt them. I seem to be very happy with the situation, but others don't seem to be. At that time I am not really able to understand the reason for this and I consider the others to be unreasonable. I need to check myself when others are getting upset with me. I need to make effort to check and change myself constantly so that I am able to move along with the demands of time. This is what will bring about true contentment - such contentment that neither will I be upset nor will I upset others.

## Experiencing Perfection And Success In Role Playing

Spirituality gives me the detached realization of being pure consciousness. This realization not only detaches me from my physical body, but also detaches me from the different roles I play through my physical body (male or female) and the different acts or scenes in each role, in one particular day or one particular lifetime. The roles may be many, the acts and the scenes may be many, but I am the actor playing the different roles and participating in the different acts.

**There is great strength in experiencing myself as an actor as compared to the previous existence in which I used to lose myself and forget my spiritual identity completely while playing the different roles, identifying more with the roles and thinking myself to be the role instead of being a spiritual actor.** An actor, even while in the midst of the most dramatic scenes, even whilst getting excited or emotional or angry, knows he is not the part itself, the part is just temporary. He knows he is something more than that, and that when the play is over, the role will not exist anymore. So, **even though I play my role, I don't cut off myself from the role and don't leave my responsibilities, I need to adopt the observer or spectator or detached consciousness instead of the player consciousness. A player tends to get over-involved. So, the balance has to be maintained - I play as well as remain detached. Only then the roles will be played to complete perfection and I will experience success in each role.**

(To be continued tomorrow ...)

## **Soul Sustenance**

### **Understanding And Expressing Your Potential - Part 2**

A person with a free mind (discussed yesterday) can use all of their creative capacity in order to live out their dreams.

To use one's creative capacity fully means:

- Being aware of the power of the imagination and channeling it in a constructive way.
- Being able and to be open to discovering and to learning.
- Becoming aware and dissolving self-limiting beliefs.
- Being attracted by excellence, embracing the experiences of superior quality and letting go of the desires and experiences of lesser quality.
- Having good discrimination power thanks to which one has a good power of decision.
- Having the will power and discipline to apply decision.
- Having the courage to be different and to overcome obstacles.

## Message for the day

### To forgive is to give correction.

**Expression:** When there is forgiveness, the harm of the mistake is forgotten. The mistake itself is remembered only to the extent that the correction is to be given. So there are no negative feelings expressed even while giving correction. And the words that are used are few but prove to be very effective.

**Experience:** When I learn the art of forgiving I am able to be free from the burden of negative and waste thinking. So there is never any difficulty in giving correction when necessary. The mind is free from the attitudes of the past and it creates harmony in relationships even if the opinions or personalities don't match.

In Spiritual Service,  
Brahma Kumaris