



### **Smile Back**

A smiley person is one whose heart seems to radiate through their teeth. ... And when they smile, it's almost impossible not to smile back.... So even if you don't feel like it, smile anyway. It'll make you feel better. And when you smile, chances are, the person receiving your smile will smile back, and you'll feel even better.

## Love & Forgiveness

It is only when you have love for yourself that you can forgive yourself. Love gives you the power to forgive. Just as you find it easy to forgive a person you love, when you have love for yourself you can forgive yourself too. It is only then can you find yourself learning and progressing without making yourself heavy. When you find yourself making a mistake, remind yourself that if you have to progress you have to forgive yourself. Learn from your mistake in such a way that you never repeat it and forgive yourself. Then you'll be able to move forward with lightness.

## To Complement And Not To Compete

Harmony, well-being and the fulfillment of individual purpose are only possible when our **consciousness is universal or inclusive (taking everyone into consideration) in the sense that we can recognize and appreciate the purpose and necessity of all things in life** and, therefore, give them the space to express their basic right to be. When people, either on an individual or collective level are no longer universal or they are **exclusive** (no longer taking everyone into consideration), that is, when the foundation of their identity is based on ego and superiority, then harmony, peace and certainly love are lost both in the individual and in society. Individuals, societies, nations, religions and politics all do not remain universal when they are gifted a particular specialty, talent or position. While it is healthy and necessary to value who you are, **it becomes most unhealthy and violent to become attached to your special qualities, making others feel inferior because they do not possess those same qualities.** The reason for conflict, on any level, is nearly always this sense of right to dominate or suppress others because we feel we are better in one way or another. Unfortunately, in modern society, the idea of outdoing others in order to prove the value of the person, or idea, has overtaken the basic principle of life, which is **complementarity**. When we learn to **complement** rather than **compete**, there will be peace and, above all, self-respect. Self-respect means to recognize myself as I am and thus fulfill my purpose without injury to, or comparison with, others.

(To be continued tomorrow ...)

## Soul Sustenance

### Transforming the Other's Anger

**In meditation, when I connect with God, I absorb His spiritual love and peace, which causes my own original qualities, which are present in me, the soul, in my pure state when I begin the playing of roles through physical bodies on the world stage, to come to the forefront or to the surface, to emerge in the conscious from the sub-conscious.** As a result, now, where previously there would have been conflict, I have a greater capacity to remain peaceful when another person behaves in an unpleasant way with me. I have the power to stay mentally and emotionally stable when someone provokes or insults me. This power is enormously valuable in life, enabling me to cool heated situations, and even remove another person's anger altogether.

**Instead of focusing on the anger on a person's face, I focus my attention to the non-physical, star-like being or soul within the person, which was peaceful and loveful in its original, pure state.**

This increases my tolerance and acceptance power. Also, through my meditation, I am actively aware of the spiritual bond all human beings share, as souls who have a common home of peace, the incorporeal (non-physical) home, from where all of souls come and a common connection with the One Supreme Father, the Supreme Soul. Through this knowledge, I connect with the goodness in the other soul and my love for the soul is maintained. I realize that this goodness is a deeper reality than the anger. The truth is **that if I can hold this soul-conscious vision steady for long enough, I radiate positive energy to the other soul, which works like magic and awakens the goodness within the other person.** Then, my tolerance bears fruit and peace really does prevail

between the two of us.

## Message for the day

### To bring in light is to finish darkness.

**Expression:** Usually when there is any negativity seen, there is a lot of attention paid to it. All the positivity remains hidden and only the negativity is highlighted. So the one who is caught up with a negative attitude colours all his words and actions too with this negativity and will naturally create a world of negativity for himself.

**Experience:** When I am able to see the positivity even in both positive situations and negative situations, I am able to influence others with my positivity. Others' negativity will not influence me in a negative way, but I will be able to remain powerful in all situations. I will experience inner growth constantly.

In Spiritual Service,  
Brahma Kumaris