



Cherry Blossoms in Bloom, Yokohama

## Real Gentleness

Real Gentleness is a power that sees, understands, but never interferes. A branch of a tree touches the earth without taking root. Never to take root in someone else's mind but to help, that's gentleness.

## Deep Healing

The deepest wounds we all carry are locked in our subconscious (out of our awareness). Deep memories and subtle impressions, from unfinished experience, rooted in the past. The pain from those wounds comes to revisit, to block and paralyse us in the moment called now. We all know it comes without warning - "Why am I feeling this way, I didn't mean to do that, I don't know what made me say that." Healing does not mean finding and treating every single inner scar which send it message to haunt us. It means going even deeper, past those wounds, beyond those distant memories and recording of unfinished business, to the core of our self, to the heart of our spirit, where we find the light and warmth of our own core qualities of love and peace. They are eternally present within us they are what we need to heal all our inner wounds. That's why this kind of deep healing is called spirituality and not therapy. relax7

### The Difference Between Human Souls And The Supreme Soul (God) - cont.

**Human Souls:** They lose their power and become weak.

**Supreme Soul:** God is the constant and external source of all spiritual power for all human souls.

**Human Souls:** They are brothers.

**Supreme Soul:** God is the Father and Mother.

**Human Souls:** They come into greed, lust and attachment.

**Supreme Soul:** God is bondage-less (free), the liberator of all, including the sages, saints, holy teachers and gurus. He doesn't succumb to the vices.

**Human Souls:** They become worshippers.

**Supreme Soul:** God is ever worthy of being worshipped.

**Human Souls:** They have desires based on bodily needs, name and fame.

**Supreme Soul:** God is completely desireless and selfless.

(To be continued tomorrow ....)

## Soul Sustenance

### Forgive To Forget

A key principle to remain light and stable in relationships is – forgive **and** forget - it's a well-known principle – one that we sometimes find difficult to practice. It can be modified to forgive to forget. Sometimes we spend many years with so much bitterness inside us for a particular person, with an inner violence of wanting to make the other pay (emotions of revenge), the one who has supposedly hurt you. If you don't strike back immediately, you at least want to keep this **guilt card** in your pocket, to be pulled out at a later date: "Oh yes, well what about the time when you...." We keep this bitterness inside us because we haven't forgiven. **It does not resolve the situation; the only thing it does is increase our pain, makes us heavy and does not let us remain in peace.** So the key is **that if we do not forgive, we cannot forget.** When someone has offended or insulted us, the last thing we want to do is to let it go. And yet, if our desire is to have a healthy, lasting relationship, that is exactly what we've got to do.

Sometimes, when it is a question of a broken relationship, it is not only a matter of forgiving the other, but of forgiving yourself for having allowed yourself to enter that experience. It was you that took the step to allow that experience to be entered into. If you hadn't taken that step, you wouldn't have had that experience. You accepted that challenge, that relationship, and what might happen in it – you were aware of the possibilities when you entered in the relationship. **So not only do you have to learn to forgive the other, but also to forgive yourself** in such situations. Only then will you be able to forget.

## Message for the day

### Contentment makes one virtuous.

**Expression:** The one who is content is free from selfishness, yet is concerned about filling the self with inner treasures. Such a person finds his stock of treasures always full and overflowing. So his thoughts, words and actions are those that are constantly bringing benefit to those around.

**Experience:** When I am always content, I always experience myself to be victorious. I am easily able to learn from all situations and use all my experiences to move forward. Also I become a giver. I thus get the love and good wishes of those around me and am also able to experience constant progress.

In Spiritual Service,  
Brahma Kumaris