



### **The Wonder of Silence**

In silence lies the ability to listen; to listen to ourselves, to others and to God. Listening is a lost art. Without it we cannot communicate, we cannot relate to each other and so we cannot live life meaningfully. We need to learn to listen. Sitting in silence allows us to listen to ourselves and to understand. This silence can heal. The worries, the pain can be healed when we listen. Spiritual medicine is ever-present in the soul. Whenever we need it, to whatever extent we need it, we can find it within.

## Changing Your Belief System To Overcome Feelings Of Revenge (cont.)

The urge for revenge and the false taste of victory or happiness related to it can only end when the belief, that others are responsible for what you feel, is seen as a false one. Only when you take full responsibility for whatever thoughts and feelings you create will it be possible to end the anger and the hatred that seeks revenge. **When someone hurts me, I create a negative image of myself and the other person in my mind's eye, in different ways. I see myself and the other in a negative light, myself as a victim and the other person as a victimizer. I need to stop doing that and see myself and the other in a positive light, in the same light as before, irrespective of the negativity that the other has radiated to me.** When we do that, we will stop pointing the finger at others for whatever hurt we may feel. Only when it is fully seen and accepted that someone can hurt or harm my vehicle, the physical body, but not me, the controller or driver of the vehicle, will rage and the desire for revenge stop existing inside my consciousness.

**When I start seeing the person who has committed some negative action which is projected towards me, with an innocent, unbiased, untarnished vision, hatred will be transformed into love and compassion for both, me and the other person. Then it will be possible to be totally free of all judgment, criticism and any desire to seek justice and take pleasure and experience victory when justice is delivered.** Only then will it be possible to rediscover true happiness in life, because as long as there is even the slightest trace of an urge to seek revenge for what someone has done to me, and the desire to experience the false happiness which is experienced when such revenge is delivered; both of which, the happiness and the revenge, are forms of subtle violence; true everlasting and deep peace, contentment and happiness can never be experienced.

## **Soul Sustenance**

### **Resisting From Playing The Blame Game**

A very common negative habit that some of us possess is blaming others when required, either in the family or at the workplace, to save face and gain temporary respect, even if it is at the expense of someone losing face and being disrespected. It is a very common occurrence in offices when an issue arises between people, before the issue is taken up with the head of the particular department or the office, one of the two people involved in the conflict, who is more at fault, will present his case to the head in such a way so as to blame the other and to acquit (free) himself and maintain his reputation in the office and find favour with the head.

We explain this phenomenon on a spiritual level. The person who blames is attached to an image of himself being as being extremely efficient and well-respected at the workplace, who never does anything wrong or incorrectly. He identifies with this image completely and because of that is very attached to it. In the above scenario, if he lets his mistake come out in the open, this internal image, which he carries, would get tarnished (harmed), something which he is in love with. So there is attachment and because of that there is fear of loss or harm to the object to which there is attachment, the image in this case. This image, which is so defined in spiritual language, is called reputation in common language. Also, there is attachment with an internal image of being more successful by getting a possible promotion and progressing at the workplace in the future. This image is also about to get damaged since the job might be lost or a promotion might be stopped. So there is attachment to this second image and fear of harm to this image also. To protect these two images, the person plays the blame game. The Law of Karma, though, does catch up sooner or later with such a person and with such behaviour. Being honest may cause temporary harm to these two internal images or reputation as defined above, but one remains safe according to karmic principles in the long run and the temporary harm, if any, is undone and respect regained.

## Message for the day

### The power of silence makes the impossible achievable.

**Expression:** When I am faced with a difficult situation, my mind is flooded with thoughts. I also begin to talk about it a lot, describing the problem to all I meet. Then the problem looks so big that I feel I could do nothing to change it.

**Experience:** I need learn the art of silence(mental and verbal). Internal silence brings the right solutions because my mind is calm. And when I don't describe the problem too much to people I will know there is a solution and I will be able to find it too.

### Power of Truth

As the saying goes, 'the boat of truth may rock but it will never sink.' When you are truthful you might temporarily experience dissatisfaction, but you will ultimately attain victory. When you are going through a time that is difficult for you, remind yourself that the truth within you will ultimately get you victory. This faith will make you face all situations with a cheerful face.

In Spiritual Service,  
Brahma Kumaris