



## Anger

A sensible person knows that it is a waste of time and energy to get angry. Effort will then have to be made to reconstruct that relationship. It is much more useful to breathe deeply, pay attention to your attitude and answer without rushing. In this way, improve and strengthen your relationships with others. Create trust and your mistakes will be forgiven.

## **A true diamond reveals its sparkle wherever it is.**

Sometimes, we tend to get affected by the negativity of the situation. We then lose touch with our inner qualities. But reminding myself that I am like a true diamond keeps me free from negative influences. I then continue to sparkle with my inner qualities wherever I am. I can thus help get in touch with their qualities too. Today I will smile at myself and be proud of what I am. I will remind myself that I am the true diamond who can never lose the sparkle of my inner qualities and happiness where ever I am. This practice will help me be prepared to deal with the variety of situations that life brings my way.

### **Seeing Yourself In A Positive Light**

Sit down in silence, relax, breathe deeply and create a space within you... Now feel yourself looking at your inner being, with your third eye, in a different light... Instead of focusing on your weaknesses, failures, what you lack inside, what is lacking in your life, look out for what beautiful treasures, your qualities, specialties, talents, etc. you have inside you, look at the positive aspects of your life and bring them into your conscious awareness... Becoming 'self-aware' in this way, realize, you have so much to offer, so much to give to others...

Now, create a beautiful image of yourself where you see yourself as free... free of negative feelings for yourself and others, with a pure heart and a peaceful mind... Feel and see your inner greatness, discover that you are special and unique... Come back to being your own friend... Love yourself, accept yourself and respect yourself... Appreciate and value the qualities of others...

Feel fine being yourself, in that space, in that room that there is within you, where you are secure and safe, where you can enjoy the marvelous thing that is your own company, the company of a positive being...

Be awake and full of life... you are happy... at peace... feeling peace... sharing peace... feeling free... Having seen yourself in a positive light, prepare yourself to enter into action, maintaining your stage of self-esteem...

## Soul Sustenance

### Understanding Qualities And Virtues

Human beings have original qualities that are values which define our human and spiritual nature. The original qualities of each person are similar. The only difference is to be found in the intensity with which they are expressed. There are seven intrinsic qualities in human nature: peace, love, purity, happiness, power, bliss and truth. These qualities, that we all possess, are expressed in our life, relationships and activities in the form of different virtues. Any virtue that we express in our life and day-to-day interactions is not usually a unique quality; normally these virtues are a variety of qualities (listed above) that work together and express themselves. If we blend some primary colours, we get a wide range of colours. While we are expressing these original qualities in action, they mix together and become virtues.

For example, patience is not an original quality of the self, but it is an important virtue, necessary for keeping calm in today's world. Patience possesses a little of the quality of love, wisdom and peace. If these original qualities are missing, in the sense that we have lost our contact with them, then impatience and irritability will arise. The virtue of tolerance requires inner strength, love and peace.

From the moment we are born, we are subject to many negative influences from our family, society, religion, education, the media, culture, social class and ethnic background, that tarnish our basic values and often restrict our ability to express them in the form of different virtues in our daily actions and interactions. Spirituality helps us to revive these basic values.

## Message for the day

### Obedience takes one towards the right direction.

**Projection:** Obedience means understanding everything that comes one's way and allowing it to guide life in the right way - because nothing comes without a reason. An obedient mind is able to see the positive aspect and understand why there is that kind of a situation and humbly allows the situation to do its work.

**Solution:** When I am obedient I am able to remain content and positive. I am not disheartened by low situations but understand that every low situation pushes me upward with greater force. So I enjoy being obedient and easy under all circumstances, yet being powerful within.

In Spiritual Service,  
Brahma Kumaris