



## Character

Self-control is not about suppressing emotions or tolerating the pressure of circumstances. Self-control is to be the creator of your thoughts and feelings to be creative and find new answers. This helps you to remain calm and cool.

## Realizing Our Natural Nature Of Peace

If we look at nature, we will notice that everything in nature - plants, flowers, etc. do everything they do peacefully - they grow, flourish, decompose and die in peace. We get an obvious impression from them that peace is their natural nature. Even the five elements - earth, wind, water, fire and sky are mostly peaceful by nature. It's only when we try and exercise control over them and interfere with their balance that they lose their peace. **Most of us, irrespective of our age, even in these stressful and hurry filled times, act peacefully and express our peaceful nature in relationships by means of peaceful thoughts, words and actions, unless something is wrong in the relationship.** We instinctively like peaceful relationships. If something is wrong in a relationship and it lacks peace even to a small extent, we do not feel good or comfortable about it. All this proves to us that **we, like nature, are essentially peaceful by nature.** That is our basic personality.

Most of us have, at some time in our lives and even more frequently in the case of many of us, experienced and expressed our peaceful nature. It's so natural, we are not even consciously aware of it. What we are more aware of is when we are distanced from the natural i.e. we are unnatural - worried, scared, irritated etc. But these unnatural phases always pass and we finally return to our peaceful self. There are some people who are permanently grumpy and tight with someone or the other, because of something or the other. On some days we also feel as if we are continuously living on the edge and continuously succumbing to frustration and anger. But even then, **away from everyone's eyes; everyone, the compulsive angerholic (one who cannot live without anger) and you also, will, at some stage, look inwards, relax and have an inner personal spiritual retreat in which they will find relief by experiencing their true nature of peace.**

## Soul Sustenance

### Going Beyond ...

If the **quality of my thoughts** can influence my physical health, the atmosphere around me and my relationships, it will definitely **affect my relationship with God**. Unlike physics in which dissimilar forces (positive and negative) attract each other, the basic principle of spirituality is that similar forces attract each other. **If my mind is caught up in cycles of negativity, the dissimilarity between me and God will create distance between me and Him**. With the awareness of being a soul, a being of spiritual energy, spiritual light, I begin to have a certain amount of mastery over my own thoughts and their quality. Also, the process of finishing negativity is accelerated. Just stepping away from the limited consciousness of the body and bodily connections (not leaving them) stops negative thinking in the same way as by just putting a switch on, a light is turned on and darkness finishes.

If explorers had never ventured beyond their home countries, they would have remained firm in the belief that the rest of the world simply didn't exist. In the same way, **if I allow myself to stay only within the physical and limited sphere of thinking, then I would declare that there is nothing beyond**. It is when I make the effort to go outside the boundaries of my previous thinking, that I have the chance of discovering more. The quest for a source of love, truth and beauty – the Supreme eventually brings me to the necessity of looking beyond not only my own body, but also other human beings and matter itself. **Through the practice of seeing the self as an eternal soul and disciplining my mind I create the possibility of discovering the existence and nature of God and having a deep relationship with that One.**

## Message for the day

**With the balance of love and discipline, energy can be saved while speaking.**

**Expression:** Throughout the day I find myself having to give explanations or corrections to so many people. When I do this I find that I have to spend a lot of words. In the process I tend to lose a lot of my energy and find myself tired.

**Experience:** In order to save my energy and to use fewer words I need to have the balance of love and discipline. Discipline will enable me to give the right directions while love will make my directions effective. So I find that just a few words would be enough to get my message across.

## Unselfish Love

When you are constantly having love for everyone, you'll have no negativity. Your unselfish love will make you have only positive thoughts and you'll find yourself in constant happiness. Start your day with thinking of all the people you come into contact with. Then take a thought in your mind that you have love for all of them. This thought will help you throughout the day. You'll find yourself accepting others as they are and having good wishes for them.

In Spiritual Service,  
Brahma Kumaris