



Like mother, like daughter-- Hema Malini with her daughters Esha and Ahana

### **Peace, Love and Wisdom**

There is an immaculate eternal and constant space within you hidden under different appearances. In that space there is only peace, love and wisdom. Let go and free yourself from the layers that cover that space and you will uncover the secret of a life of fullness.

## **The Five Spiritual And Five Physical Elements (cont.)**

As explained in yesterday's message, in the hierarchy of the three entities around which the whole World Drama revolves - the Supreme Soul is right at the top, the human souls are in the middle and nature is at the bottom.

**So, the process of restoring the balance of the spiritual and physical elements has to be initiated from the top i.e. by the Supreme Soul.** The human souls which are in the middle of the hierarchy benefit from this process directly. **The human souls, by transforming themselves i.e. by filling themselves up with the five spiritual elements peace, purity, wisdom, love and joy from the Supreme Soul and restoring their balance in their personalities, then bring benefit to nature which is at the bottom of the hierarchy.**

This is because their doing this causes the positive energy of the five virtues to spread in nature, which results in the balance restoration of the five physical elements earth, air, water, fire and sky and the five spiritual elements or virtues in the personalities of animals, birds, insects (the same principle as explained yesterday). This entire process, explained above, takes place in the Confluence Age which is a small Age between the Iron Age and the Golden Age, which is again the present time. So, the Confluence Age is an Age in which positive transformation takes place. Thus, at the present moment of time, the two Ages - Iron Age and Confluence Age co-exist.

**The Supreme Soul does not bring direct benefit to nature, He does that via human souls, who are intelligent enough to catch his directions and connect with Him and as a result transform themselves.** So, the human souls when seen with respect to the Supreme Soul, who is the Creator; are the Creation, who benefit from Him. But the same human souls, when seen with respect to nature can be called the Master Creator and nature can be called as the Creation. Here the phrase Master Creator means children of the Supreme Soul, the Creator, but at the same time those children who possess the power to perform the task of balance restoration for the self as well as the Creation, similar to the Creator, under his guidance and by absorbing power from Him.

**We shall explain the actual process of imbibing the five spiritual elements from the Supreme Soul in tomorrow's message, which is the last of this series.**

## Soul Sustenance

### Letting go of The Branches of the Life Tree

A very common habit that has become deeply embedded inside us is the **habit of possessing**, to which we succumb repeatedly. We come in contact with different people, material comforts, roles, positions, experiences, achievements and of course our own physical body etc. on an external level and our own thoughts, viewpoints, beliefs, memories, etc. on an internal level etc. throughout our life. All of these are like branches that make up our life tree. **Possession is like clinging on to one or the other of these different branches from time to time, as we fly from one branch to another, while covering our life journey.** The spiritual point of view on this habit is clear and very straight forward. **It is not possible to possess anything. If we do try to do so, we lose our freedom.** To experience the freedom, we need to dare to let go of the branches, which does not mean to lose or leave them because the branches are always going to be there. We can return to any of them to rest or pause whenever we want. But, it is about being aware and alert, because the moment a pause on a branch turns into a stop, the stop turns into a brake and, after that, the brake turns into a blockage. As a result, like the bird whose flying agility degrades on a physical level if it does the same; our intellectual and emotional agility starts to degrade.

When we learn to let go of one branch at a time, we are always welcoming new positive and empowering experiences in our life, one at a time. Like the birds, by letting go of one branch, we are then able to spend the rest of your lives trying and discovering many other branches, one branch at a time, and so we can enjoy the view from each new vantage point. **We can choose between a life of flying and soaring or be stuck on one or the other branch, seeing others as they fly past and enjoy a life of freedom where they do visit their life tree from time to time and their life does revolve around the tree but they don't try and possess it or any of its branches.**

## Message for the day

**To recognize the uniqueness of one's own role is to be free from negativity.**

**Expression:** When we find things going wrong with us, we sometimes wish for a change in our role. We begin to compare ourselves with others or wish for something better in our life, which makes us lose all our enthusiasm. We, then, make no effort to better our role.

**Experience:** We need to recognize the importance of our own role. Like an actor who doesn't make effort to change his role but brings perfection to his own role, we, too, need to concentrate on our own role. The recognition of the importance of our own role and the desire to bring excellence to it makes us free from negativity.

## Humility-6

The more one is humble, the more there will be success. Humility gives wings to fly. It gives enthusiasm based on inner truth and we can easily move forward. When there is no humility we find ourselves being pulled back again and again by the difficult situations that we ourselves have created. When I do something, I first have to ensure that I am enjoying it and keep reminding myself of the joy that I am deriving out of it. Then I am free from the desire for recognition or praise. Then I will find myself succeeding in the task that I undertake and I will be appreciated too.

In Spiritual Service,  
Brahma Kumaris