



Iguazu Falls, Boundary of Brazil and Argentina

## Healthy Expectations

Expectations are important. They define our boundaries & ground rules on how we allow others to treat us.

But often we assume others understand our expectations, so when our expectations are not met, we're hurt & disappointed.

To maintain healthy boundaries, learn to communicate expectations clearly & adjust unreasonable expectations.

## **The Three Mirrors For Inner Beauty (cont.)**

In the last two days' messages, we have explained the first mirror for inner beauty.

**The second mirror is the mirror of meditation** - In the silence of meditation which is a connection or the experience of a relationship with the inner self and the Supreme Soul, each day you come close to and dive deep into both of them. **When you create powerful, positive thoughts about the self and you also visualize your true spiritual self, you feel and experience your true virtuous being, what you are - radiant and free of all influences. That experience helps you to see yourself as you really are and in contrast to how you are now.** Perhaps you feel peaceless, disturbed and dejected today, but by creating thoughts of peace and contentment in meditation you quickly realize that in reality that is your true nature. In that way, it serves as a mirror for self realization and checking and changing. When you visualize the Supreme Soul during meditation and experience His virtues, it helps you to see and quickly realize yourself in contrast to Him and make the required changes in yourself because the child should reflect the qualities of the Father.

**So a good practice then is to look into this mirror and check yourself once in the morning before the day's activities and once before sleeping for 10 minutes each time. Also, since this is the most powerful mirror, it is extremely vital to carry this mirror with you throughout the day and check yourself in it for one minute after every hour.** This may sound too much time given to the inner self to many, but all of us are aware that like an untidy, unkempt external self is not pleasing to the self and does not create a favorable impression on those who come in contact with us, in the same way that applies to the inner self also. So one minute spent in looking into this mirror and doing some self-introspection and checking and changing will keep us looking good for the next fifty nine minutes and if we do mess up internally during those fifty nine minutes, then corrections can be made quickly in the next one minute break - it's as simple as that. (To be continued tomorrow ...)

## Hero Actor

Normally it is understood that to get the best role is to be a hero actor. So we are more inclined towards a role where we can get people's praise. If people praise us we feel good about it and if they don't we are disappointed. We are usually dependent on people's appreciation. Yet it doesn't come by so consistently. We can be a hero actor at all times when we have attention on every act of ours. We make sure that none of our words or actions are ordinary or waste. Since we pay constant attention to everything we do, we find that we are able to give our best. We are then satisfied with whatever is happening since we know what we do is not as important as how well we do it.

## Soul Sustenance

### The Five Spiritual And Five Physical Elements (Part 2)

There are three entities around which the whole World Drama revolves – **the Supreme Soul, the human souls and nature.** Nature includes everything non-living like mountains, rivers, seas etc. and living things like plants, trees etc. It also includes living beings like animals, birds, insects etc. which are souls with a lesser evolved intellect than human ones. The human body also comes under the category of nature. **These three entities are in the form of a hierarchy, the Supreme Soul is the most powerful at the top of the hierarchy, in the middle are the human souls and at the bottom of the hierarchy is nature.** The Supreme Soul always remains an Ocean of the five virtues **peace, purity, wisdom, love and joy** and is the only entity in which the balance of these virtues is always maintained right through eternity.

In human souls, as explained yesterday, in the beginning of the world cycle, in the Golden Age, these virtues are in balance. As human souls come down in the birth-rebirth cycle and start becoming influenced by body-consciousness or the five vices - anger, ego, greed, attachment and lust, all spiritual building blocks or virtues - peace, purity, wisdom, love and joy

start getting depleted. In each soul, some virtues get depleted more, some less. In each and every soul the depletion is different depending on its actions e.g. in some soul the depletion of peace is immense compared to the other because of picking up *sanskaras* of anger on its journey and bringing them into actions or in some soul the depletion of joy is immense because of picking up a lot of attachment on the way etc. **This depletion of the five spiritual elements or virtues upsets the balance between them. This depletion and imbalance causes negative spiritual energy waves or vibrations of sorrow, anger, impurity, hatred, fear etc. from human souls to spread in nature and starts having a negative influence on the five physical elements earth, air, water, fire and sky and even the five spiritual elements peace, purity, wisdom, love and joy in the souls of animals, birds, insects, etc. upsetting the balance of both.** This is because nature (as defined in the above paragraph) is lowest in the hierarchy, lesser powerful and easily influenced by the energy that human souls transmit or radiate. This double imbalance of spiritual and physical elements results in peacelessness, sorrow, illness, poverty, natural calamities, accidents, ecological imbalances etc. When all of these reach their maximum extent, that Age is called the Iron Age. This is an interesting principle which needs to be understood clearly.

**How do we restore the balance of the spiritual and physical elements? We shall explain that in tomorrow's message.**

**Message for the day**

**Cooperation creates space for learning and growth.**

**Expression:** The one who cooperates and inspires cooperation is able to create a conducive environment for the progress of all. To inspire cooperation means to be able to relate to the positivity in those around. Relating to the positive aspect naturally inspires others to use their specialities for the success of the task. Their good wishes for the task too emerge very naturally.

**Experience:** Since I am able to relate to others' positivity, I find myself enriched with it. I subconsciously imbibe what I perceive. I get a chance and a space to learn and progress. The journey towards success in itself is a joyful experience and there is harmony in working with others. Thus I find success too easy to achieve as there is the contribution of each one's speciality for the task.

In Spiritual Service,  
Brahma Kumaris