



Prajapita Brahma

True Benevolence

There is no greater teacher than one's own practical example. To be really benevolent therefore means that I must first change, then I have the power, the knowledge and the experience of thinking and doing for the ultimate benefit of all.

Different Shades Of Attachment To Opinions And Ideas (cont.)

The attachment or detachment to one's ideas not only comes into play while giving an idea or opinion, but even when accepting or receiving or listening to an idea from another person from the group. **The more the attachment to one's own ideas, the more will be the tendency to resist or reject the other's idea.** A particular person, with the objective of resisting or rejecting the idea:

* **might try to do the same through different means like putting up a seemingly valid or even an invalid objection to the idea in front of the whole group** which may seem very reasonable to the group and may be taken or accepted by the group or the person objecting may try to ensure that happens or

* **he/she may quietly disassociate from the group** if the group begins showing interest in the idea (sometimes the influence of the position of the person is such that this kind of disassociation very easily manages to reduce the energy of interest of the group in the new idea) or also

* **might present a new idea to the group, which manages to divert the attention of the group,** etc.

Sometimes the person rejecting the idea is aware of the fact that he/she is rejecting the idea because of the inner attachment to his ideas, but will not admit it in front of others and sometimes he/she might not even be slightly aware of the fact; the attachment is too subtle to realize. Others might realize their attachment, but they might not themselves. And if someone to point out their inner attachment, they might even react, because **where there is attachment, there is fear that the other's idea will be accepted and yours will not. Attachment to one's ideas fills the energy of 'I am right' in any situation.** Overcoming all sorts of attachment to ones ideas is one of the foremost steps that we can take to bring about harmony in all types of relationships.

Inner Happiness

Protecting our sense of optimism is the best way to remain cheerful. We can do this by starting the day with meditation to pour light and love into the scenes we are likely to find ahead of us that day. And then if we keep touching base with God's mind and His benevolent way of seeing things, the inner happiness we experience will help us pass through any situation without feeling weary.

Soul Sustenance

Playing My Part As A Hero Actor (Part 3)

In yesterday's message we had discussed how some of us believe that our life script has been written by God and we do not play any role in the same. In this regard, it is very important to state that **respecting, thanking and remembering God in good as well as bad times is obviously very very good and the right *karma* but submitting ourselves blindly to God's will is an inactive response which prevents each of us from using our free will to make any choice at any moment and shape our future.** While there is a master plan which is being played out on the stage of the world, a part of the plan is that we each have free will and an opportunity to decide our actions and responses. We need to realize that each one of us possesses an intellect, which absorbs the capacity to discriminate right from wrong, good from bad, from God and decides how to act on the world stage.

In this regard, there are two aspects. The first aspect is – God writes my life script completely for me without me playing any role in the same. The other aspect is - I perform actions and create my responses, based on God's knowledge of good and bad *karmas* which he has given me, so as to shape my destiny and write my life script accordingly. There is a fine difference between these two aspects, the second aspect being the correct one. This knowledge given to me by God is stored in my intellect; I am the master of it and can decide how to use it to play my part.

Message for the day

The method to finish negativity is to fill with the power of positivity.

Expression: There are a lot of negative characteristics, which continue to work in one's lives colouring words, actions and behaviour. Such negativity cannot be removed by reminding oneself of it again and again. Instead, a reminder and an excuse to use positivity, helps finish this negativity very naturally. It is when even the tiniest ray of light comes that the darkness begins to disappear.

Experience: When I start discovering and working with my inner positivity, I am able to easily win over my seemingly strong weaknesses. The lesser attention I give my weaknesses and the more attention I give my strengths, I am able to have an influence over my weaknesses and convert them into strengths. So there is a total experience of positivity, whatever the situation may be.

In Spiritual Service,
Brahma Kumaris