



## Coolness

Maintaining a state of inner calmness protects me from becoming a slave to my emotions. It also helps me to keep a cool head when I see others becoming heated or angry. Coolness is not to be distant or uncaring; rather it requires that I develop the deeply caring nature of a peacemaker and serve others in the best possible way.

## Independence

Think of those people you are giving some kind of help or support. Check if you are helping in such a way to make them independent or is your help making them dependent on you. Remind yourself that your aim in helping is to make people independent and strong in such a way that they are able to support others too. Remind yourself that your help should never make people weak.

## The Hurting Of The Ego

Almost everyday or every second day we come across a situation when someone says something to us which is not very pleasurable or we chose to perceive it to be so. In either case, we feel insulted and get upset as a result. In some cases we react and display our feelings. In some, we don't. In either case, the result is a depreciation (decrease) in our happiness index. Why does this happen? It's because you have created, attached to and identified with an image of yourself in your mind that does not match with how the other sees or perceives you, as a result of which you believe you have been insulted and you get upset.

**As long as people's perception of you matches the image that you have created inside your mind of yourself, you are content with them, but as soon as the opposite happens, even if it is to a very small extent, you become disturbed, because you are attached to that image.** The more the attachment, the greater the hurt, the disturbance or reaction. You could examine this phenomenon very closely, taking place inside yourself everyday. This kind of attachment mentioned above is called ego. **That's why the phenomenon explained above is called in common language 'the hurting of the ego'.**

**In tomorrow's message, we shall explain this phenomenon further with an example.**

## **Soul Sustenance**

### **Factors That Bring Us Closer to Success**

**Given below are some factors that bring us closer to success:**

- High self-esteem.
- Constancy.
- Courage and determination.
- Integrity and honesty.
- Self-acceptance and acceptance of others.
- Believing in what you do, regardless of external factors.
- Responsibility.
- Dedication, determination and tranquility.
- Being positive in the face of adversities (negative circumstances).
- Being consistent with your values.
- Precision in decisions and choices.
- Focus.
- Performing all karmas with love and happiness.
- Giving the maximum of yourself in everything you do.
- Creativity.
- Thoughts and actions in tune with each other.
- Appreciation and blessings (good wishes) from others.
- Gratitude toward oneself and others.

## Message for the day

**To have an open mind is to be prepared for mistakes too.**

**Expression:** The one with an open mind is the one who is able to see things for what they are and accept them. He is able to take the lesson from each situation that happens and move forward with confidence. He never lets any situation or even his own mistake discourage him, but he is able to move forward with renewed confidence.

**Experience:** I am able to learn from my mistakes and be ready for the next learning too when I am able to keep my mind open. Each mistake that happens is also a beautiful teaching when I am willing to learn. With each new situation I find myself growing very beautifully within.

In Spiritual Service,  
Brahma Kumaris