



## **Love All**

Love can never be exclusive. The sun does not choose to shine on some flowers in the garden and not others. Love is inclusive and has many faces - caring, listening, sharing from the heart, just accepting someone for what they are right now, are all acts of love, as long as you seek nothing in return. It all starts with acceptance of yourself - you're just fine as you are right now, warts and all. It's not that you will stay that way for ever - but you might, if you don't accept. The secret key to the greatest door called love is acceptance. First your self, then others (especially the ones you currently resist) and eventually ...all.

## **God, the Companion**

Your love for God will make you experience His companionship in everything you do. Where there is love there is never a moment of loneliness. Thus you will be able to move forward with courage in all the challenges that life brings. Think of one situation where you have found yourself failing. Now think that God is with you to help you in this situation. When you believe this, you will find that you'll get the courage to accept and face the situation. Then you can also work and bring about a change in the situation.

## **The Power To Discriminate**

Meditation gives me a discriminating eye - an ability to discriminate between truth and falsehood. It does this by helping me maintain a consciousness that helps me rise above competing claims to truth - the different ideologies and opinions, reasons and analyses, justifications and stories related to a situation - which can be so confusing.

The image of discrimination is the jeweler, who, with the help of his eyeglass, sorts out real diamonds from false. Meditation opens my third eye, the eye of pure consciousness. When I look at the world through this eye, truth is not just an intellectual idea, but an experience of the heart. When I think and act in ways that maintain and deepen this experience of truth, I know I am moving in the right direction. Conversely, I discover that thoughts and behaviours that cloud or hide the experience of truth are coming from falsehood, no matter how much I or others may try to justify them. So, meditation gives me a reliable basis for discriminating the value in different courses of action: will this help me recover my truth, or take me further into falsehood? Will it maintain the flow of love, peace and happiness in my heart, or will it cause a blockage? Previously, I may have been easily swayed by other people's demands and opinions, or by illusory ways of thinking arising from my own negativity. Like a good lawyer, the intellect is very clever at arguing its case, regardless of where the truth may lie. But, when truth is experienced in and from the heart, there is no arguing with it. Deeply experienced truth clears my mind of irrelevancies created due to possessiveness, greed, desires and ego. As I learn to create pure, positive thoughts, and connect with the divine, it is as though a flow of clear, fragrant water gradually displaces the mud and rubbish in my intellect, enabling me to see reality or truth again.

## Soul Sustenance

### Maintaining Your Self-Esteem In Relationships

When a person is in love with another human, the marvelous thing about being in love is that it is a totally positive projection. There is a person who projects on to you all that is positive: you are marvelous, you are unique, you are indispensable, you are a treasure. That positive projection generates a euphoric state, of bliss, of wellbeing, whereby you are flying. You feel loved, cared for, needed and valued. That positive projection lasts for a time until, with the dependencies and expectations, the negative projection begins. "You should have called me, you should have told me, you should have come at this time, you should be more like this, you should be less like that, you should have done this or that."

**With these expectations, demands and dependencies, that positive projection and flying state disappear.** The other has started interfering in your personal space and the harmony that was there previously is lost. **One needs to learn to have a positive vision of oneself.** You are marvelous, you are unique; don't depend on them telling you so. This does not mean you need to feed your ego, but that you need to make the most positive emerge from within you. **Resort to all your creative, positive, spiritual capacity, so that you do not depend on others having to project positive things onto you in order to feel good.** On feeling good in an independent and autonomous way, you will be able to share with others peace, love and positivism. You won't be in the state of a victim but will be true rulers and controllers of your own life with solid self-esteem.

## Message for the day

**The one who is a giver, has attention constantly on giving fully.**

**Expression:** When the system that I am working in doesn't let me give maximum benefit to the people around me or deprives them of their natural right, I tend to react negatively. I tend to become upset which doesn't help either of us in anyway.

**Experience:** When I remember and maintain the awareness that I am a giver, instead of complaining about the restrictions that society or people around me impose I continue to give those around me something that will make them happy. This could be in the form of kind and supportive words or at least an understanding smile. When I give in this way, it will make others too free from negative thoughts.

In Spiritual Service,  
Brahma Kumaris