



Beautiful Box of Joseph I of Portugal, by Jean Ducrollay, 1756...gold, silver and diamonds

Out of the Box

When we get stuck in attitudes & habits, we confine ourselves to living within the 'box'.

'Boxes' can be useful. They can ground our ideas & imagination. But when the 'box' becomes rigid & out-dated; that's when fear stays in & creativity stays out.

Dismantle the 'box'; the attitudes & habits that are working against you. Get out of the 'box'! Be free & live fully.

Responsibility

When we are responsible for something or someone, we tend to feel burdened. This becomes like a bondage, which doesn't let us fly. The feeling is of being trapped like a caged bird. So the work is not done in the best way as feel handicapped by the situation. The true meaning of responsibility is not just additional duties to be done, but has more to do with being honest to the task and doing everything with a sense of purpose. When we do it with this attitude we find things getting easier and we also receive help at every step. We are able to accomplish more work with more lightness and we enjoy all we do.

Experiencing Perfection And Success In Role Playing (cont.)

Continuing from yesterday's message, if I'm able to protect and maintain my inner spiritual identity in each role that I play in the day, it's much easier for me to switch roles. I switch roles so many times even in one particular day. **If I lose myself in a particular role, my mind and intellect tends to become limited and restricted to that role and I'm not able to see beyond the immediate needs of the role and I find it difficult to adapt to another role.** As a father, for example, I may also be called upon to play the different roles of husband or a Managing Director or a friend or a brother or a son or a son-in-law etc. Also many a times, for e.g. in the absence of the mother, I may have to play the role of the mother or in the absence of the Plant Manager in my company on a particular day, I may have to play his role, etc., both being roles that I do not normally play. I'll have a better chance of being able to fulfill all these roles if I don't get too caught up in any of the roles while playing them and remain in my spiritual consciousness while playing them. A spiritual consciousness will keep me detached.

Every role demands different positive personality traits or *sanskaras* to be put into practice. I need to be flexible and possess the ability to pick those personality traits from my complete spiritual store house of personality traits that I the soul possess inside me, that are best suited to the role and are required for that role at that particular moment, so that the role and the act is played accurately and perfectly to my satisfaction as well as the other's satisfaction. In a bodily, limited consciousness, I will not be able to that.

(To be continued tomorrow ...)

Soul Sustenance

Qualities, Virtues And Powers

Innate or basic characteristics are properties that are unchangeable. It's impossible to take the heat out of the sun or sweetness out of sugar. Heat and sweetness are part of the unchanging make-up of the sun and sugar respectively; they are the basic properties of each of them. In the same way, in spite of whatever I have become as a human individual, my deep basic characteristics are still the same ones that have always existed in me. It's my inner core of qualities that in fact inspires me to seek the ideal in whatever I do. The impulse to seek and to dream comes from my own store of innate attributes that is just waiting to be found and brought into practical activity.

The innate qualities of the soul are those that are the most basic: Peace, Truth, Happiness, Love, Purity, Power and Bliss. They are so basic that they themselves are the foundation of all virtues and powers. They are like primary colors and virtues and powers are secondary colors. Just as orange (a secondary color) is made of red and yellow (both primary colors) and blue is made of yellow and green, virtues such as patience, tolerance, courage, generosity etc. and powers, are obtained by mixing the basic qualities **e.g.**

Patience - peace, love and, power Humility – love, peace and truth

Courage - power and truth

The aim of meditation is to emerge and enhance my **qualities** so that my behavior becomes full of **virtues** and **powers**.

Message for the day

To do something altruistic each day is to ensure happiness.

Expression: When there is the thought to do something altruistic for someone every day, there is the ability to give happiness unconditionally. Whatever the relationship or whatever the personality of the other person, the one who develops the habit of doing this, is able to remain a source of support for those around.

Experience: The best gift I can give is to give happiness and to finish sorrow. When I am constantly thinking of this, not for any reward but just for the sake of it, I am able to discover and enjoy the fruit of that action. I am free from expectations and am able to enjoy the action itself.

In Spiritual Service,
Brahma Kumaris