



Clayton Kershaw's devastating curveballs

## Life's Curveballs

When life throws you a curve ball, are you ready for the unexpected?

Take a deep breath and adapt to the new reality. Be brave enough to think on your feet and rethink your strategy.

Catch the ball, drop it; or find a way to get over, under or around it! Keep your momentum to keep pace with life's curveballs.

## Fulfilling Desires By Changing Your Belief System

One most important characteristic that differentiates the Supreme Soul from human souls is that the Supreme Soul is the only entity that exists in this World Drama that is completely desire-less and remains that way eternally. If we were to make a list of desires that human beings have, we would name a lot many and various different types of desires. **Whatever *karma* or action any soul performs at different points in the World Drama, whether positive or even negative, pure or even impure, they are all performed to fulfill these different types of desires.** But when seen from a spiritual perspective, **whatever the external form of the desire may be, the internal desire is always very simple - to go back to its eternal (or inert) state of peace or original state of peace, love, joy and power.** The eternal or inert state of each soul is the state in which it exists before it begins its journey of birth and rebirth, when it resides in the soul world and the original state of each soul is the state in which it exists when it has just begun its journey of birth and rebirth i.e. at the beginning of the birth-rebirth cycle. Even negative *karmas* based on the personality traits of anger, greed, ego, lust, etc. may externally seem to be filled with violence or impurity, but internally, each time any soul performs such *karmas*, all it desires is a return to its eternal and original state (we shall explain this in tomorrow's message). But it does not realize how these *karmas* take the soul away and not close to these states.

This is where the role of the Supreme Soul comes in. The Supreme Soul is completely desire-less and possesses the capability, knowledge and power to fulfill these desires of the soul. **Being the Supreme Teacher, He guides and teaches us what are the right *karmas* or actions that can help us fulfill our desires and take us closer to our eternal and original state and which actions, take us away from it. Also He is the only one who can teach us how to connect with Him so that these desires are fulfilled,** because he is the Ocean of all the qualities that exist inside us in our eternal and original state and connecting with Him fills us with these qualities. The connection and the right actions, both, are vital for our progress.

(To be continued tomorrow...)

## Soul Sustenance

### Going Beyond False Identifications

**The more I identify with the physical factors of my life, the more I become a prisoner to my destiny or the various up and downs of my life.** E.g. if my self-respect is attached to my beautiful new car, how will I feel about myself when the car becomes old and its beauty and shine reduce? Or if my car is stolen or gets immensely damaged in a road accident? Then, I shall find myself in an identity crisis. The same will be true if my business or job is everything to me. If one day, I am in a good financial state and I enjoy a very respectable and dominant position, and the next day I find myself in a dispute in my profession and I suddenly lose all of that, and nobody wants to know me, I will feel as if I have lost my soul and have almost died. The problem is sometimes so great that people do, literally, lose their desire to live. It happens, too, in relationships, when your partner leaves you either due to a separation, a divorce or even death - a partner in whom you have invested all your love and emotions. Or if my identity is tied to my bank balance or property, and suddenly I am broke.

All of these are actually false identifications, and the crazy part of living this way is that I can never be satisfied, even if I succeed in maintaining my false identity. **These kind of false identifications do not keep me placed stably on my seat of self-respect and either bring about an inferiority complex or a superiority complex - both of which are false, so both bring insecurity.** Even while I am externally successful, having my identity based on that success means I am a slave to them. I've handed over my self-esteem to them. I become addicted to it.

## Message for the day

**The method to stay in constant enthusiasm and to keep others enthusiastic is to see specialties in others.**

**Projection:** Many times while I am sincerely working towards my task, I find myself losing my enthusiasm. I also might find people not very happy with me or my work. I do make an attempt to understand their feelings but fail to do so. Such negative responses further reduce my enthusiasm.

**Solution:** I need to develop the art of looking at specialties in people. The more I am able to see their positive qualities, the more I am able to relate to them with that specialty. This encourages the other person further to use that specialty. This will naturally keep me constantly enthusiastic.

## Victory

We normally attribute success to the resources available, or the help of the people around. But in spite of our best efforts, we sometimes find ourselves failing. We then tend to blame it on luck or on some negative situation. Our victory is not so much based on what we have, but it is more based on what we do with what we have. When we believe that we can win, we will be able to use all the available resources to ensure our victory. And so we will also be able to get the best help from the people around us too.

In Spiritual Service,  
Brahma Kumaris