



Reflective salt flats in Bolivia

Courage

Courage is taking a step forward into an area of difficulty without a solution in mind, trusting that whatever help you need will become available.

Responsibility

Accepting responsibility without feeling burdened by it may seem unrealistic. Yet it is possible so long as we stay close to our inner self and strength. If we are willing to trust them, spiritual principles and values work like unseen hand guiding everything in a beneficial direction. When we remain aware of this force at work, we can accept responsibility and strive to fulfill it without worrying about results.

Listening To The Voice Of The Intellect

The subtle or non-physical sense organ of the non-physical soul which we use to judge something as right or wrong, good or bad and then make a choice or decision is the intellect. When we are body-conscious, we are attached to many things such as people, our role, objects, money, even our own ideas and beliefs, etc. Due to these attachments, we are constantly creating emotions of **fear** and **anger** in the energy of our consciousness. It is these two emotions which then overpower or influence our intellect and stop us from judging clearly and correctly between right and wrong. This constant inner emotional noise of worry and irritation (the seeds of fear and anger) do not allow us to hear the deepest part of our intellect, which is our intuition.

When we are soul-conscious, we are free from attachment and therefore fear and anger. Our consciousness is calm, focused and keenly aware of the quiet, but extremely wise voice of our intuition (inner wisdom). Decision-making is easier and choices are made out of wisdom rather than fear. **Meditation is the method which helps us rise above our mental attachments and allow us to connect with the wisdom in our heart, our intuition, our inner voice,** which suggests what the right response or action in any situation, is. A practical example of this is when, after being persuaded by your family members you decide not to smoke any more. You let go of the attachment to 'my' belief that there is nothing wrong with smoking, which then allows you to listen to the heart of the other (their feelings) and your own heart or intellect, which suggests to you the right action for your well-being in the long run.

Soul Sustenance

The Three Mirrors for Inner Beauty (Part 2)

In yesterday's message, we had discussed the first mirror, the mirror of spiritual knowledge. Elaborating further, this mirror will also show you the Supreme Soul and it will remind you about His virtues and actions which will help you check where you stand in comparison to Him in terms of virtues and actions and will influence you to follow him by imbibing those virtues and performing actions in the similar way. Lastly this mirror will remind you of your relationship with the Supreme and forging a deep and personal connection with Him in different ways which will benefit you and others.

The knowledge read every morning will help you see and realize what mistakes you have committed in the last 24 hours while performing actions and also in maintaining a connection with the Supreme and also see what you have done positively in the same regard during the same time, which will encourage you further to do the same in the future. The mirror of knowledge will also help you remain careful for the day ahead and perform actions and experience a relationship with the Supreme based on what you have read. **It is a common experience of a lot of people that the spiritual knowledge read in the morning is always what the need of the moment for them is. The spiritual knowledge read is very commonly an exact reflection of the activities and mental state of your last 24 hours and/or something which you require for the coming day** for the self, for your relationships, for facing different types of obstacles in your personal and professional life. This is the Law of Spiritual Attraction that works in each one's life, but to different extents. Our consciousness and inner requirements attract towards us the spiritual knowledge of a similar nature.

(To be continued tomorrow)

Message for the day

It is on the basis of actions that praise is received.

Expression: The one who only talks but is not able to put his talk into practice does not become worthy of praise. On the other hand, the one who is able to bring his good thoughts and words into action becomes worthy of praise. Such a person's actions become inspirational for others and encourage them to follow him.

Experience: When I am able to act according to my thoughts and words, I am able to take inspiration to do more. For every positive action that I do, I experience support and good wishes from others which encourage me constantly. My account of positivity is always full and it takes me further to a cycle of positivity making it a habit. So I find that I don't have to work hard for performing positive actions.

In Spiritual Service,
Brahma Kumaris