



Silence

Silence is a discipline, not of doing, but of being; a time when we quietly attune ourselves to an inner strength to experience trust and self worth. It is from this base of inner strength that our actions evolve.

Acceptance

Overcome the habit of reacting by accepting behaviour and mannerisms that normally irritate you.

Soften your hard edges and become more easygoing.

This week, accept the ways of drivers and pedestrians, your companions, colleagues and superiors

Karmas In Spiritual Consciousness (cont.)

Vikarmas or negative actions are those actions performed in body-consciousness. **Sukarmas** or positive actions are those actions performed in soul and Supreme Soul-consciousness. Given below are some more differences between the two (we had explained a few yesterday):

Body Consciousness: Relationships become bondages (burdens) and causes of sorrow rather than enjoyment.

Spiritual Consciousness: Relationships with others are purified and elevated. There is no sense of bondage.

Body Consciousness: Conflicts, which can be called "clashes" of *sanskaras*, occur between souls. There is negativity, sensitivity and disunity.

Spiritual Consciousness: Souls are able to harmonize with each other with happiness and peace.

Body Consciousness: Actions are performed to attract or impress others by the physical identity.

Spiritual Consciousness: Actions are performed to bring others also into relationship with the Supreme Soul.

Body Consciousness: Charity performed for others has the shadow of ego and has limited results.

Spiritual Consciousness: The highest charity of introducing other souls to the Supreme Soul is performed selflessly through thoughts, words and actions.

Soul Sustenance

Applying The Law Of Balance To Anger (Part 2)

Yesterday we had explained how the law of balance can be applied to anger on a smaller level. The same law can also be applied on a larger level. **Each time a group of people transmit the negative energy of anger physically to another group of people - at that time**, either:

- a) one party is disturbing the balance temporarily, which will be restored sometime in the future, by the second party indulging in similar behavior, **or**
- b) balance is being restored at the present moment (because negative energy had been transmitted from the opposite party to the first party sometime in the past). This balancing must take place, because it's an unbreakable law. This is the law of balance.

This law that does not need to be enforced by us, the police or even by God. It is a natural law like other laws of nature. **It gets enforced itself and cannot be broken by anyone.** Understanding that this law is embedded in the human state of affairs at all times makes us careful and detached so that we don't hurt ourselves with violent, toxic thoughts, when someone acts negatively. We create these kinds of thoughts because we believe this is revenge that is justified. Also, knowing that anger that is radiated comes back doesn't mean we don't have any laws within society – they are required, but it helps us not to take the law into our own hands. We cannot force justice to take place before its fixed time. We cannot force the balancing of energies of anger. If we try doing it, it is being egoistic and we only upset the balance of our energies as a result. Even to criticize those who try to take the law into their own hands is to take the law into our hands.

Message for the day

To use the inner powers is to be a constant success.

Projection: While moving forward I sometimes have doubts about my own power to succeed. So sometimes my powers remain hidden and I am not able to have the confidence or the enthusiasm to work on the situation.

Solution: Whatever the situation I am faced with, I must not forget my own inner powers. I need to recognise and use those powers which will help me overcome the situation. When there is faith within me, my mind will be open to the recognition and the use of these inner powers.

In Spiritual Service,
Brahma Kumaris