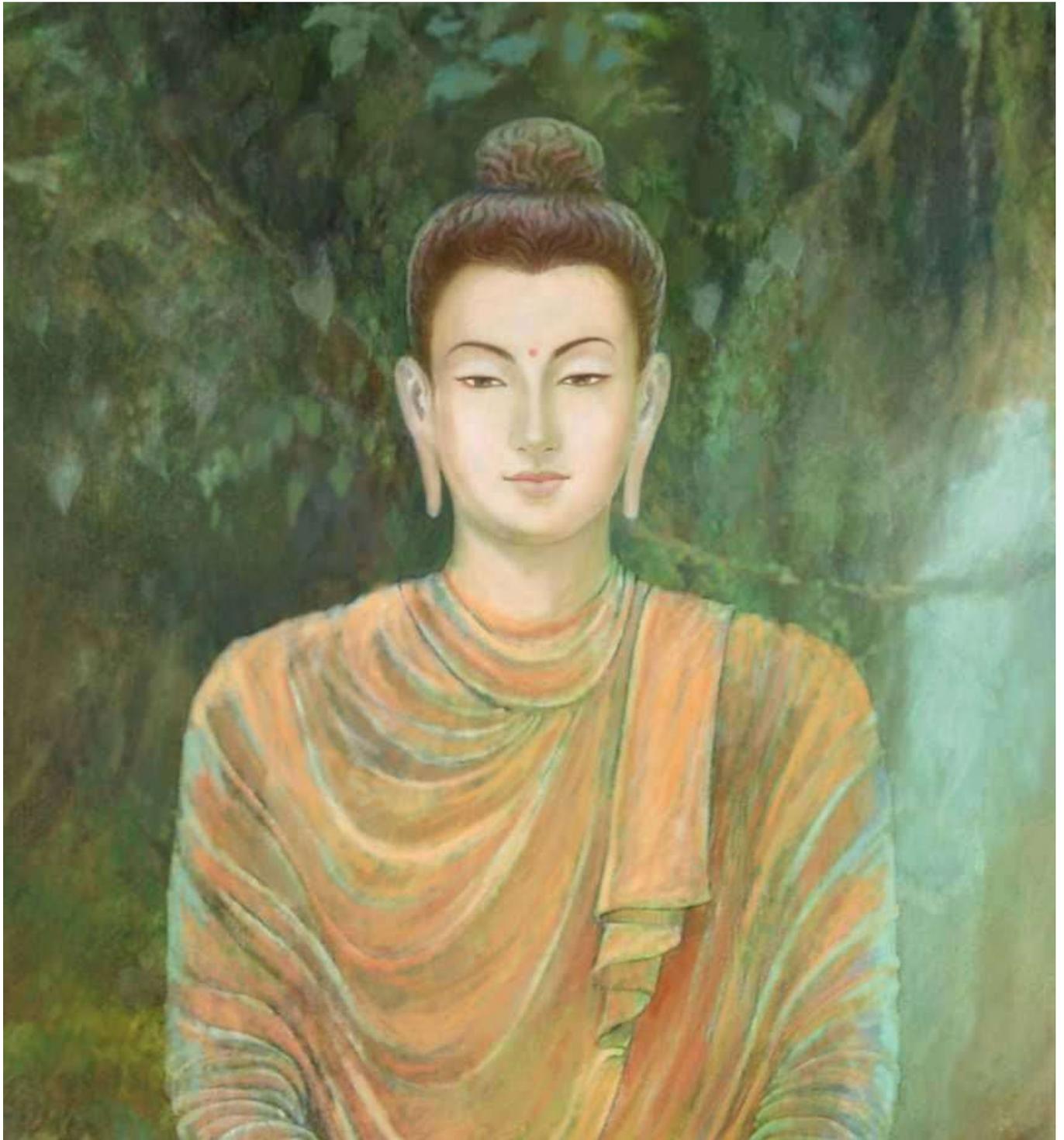


Daily Positive Thoughts: May 19, 2015: Great Donor



### **Great Donor**

To enable others to have an experience of peace from your vision, attitude and power of your awareness is to be a great donor.

## The Energy Of Give And Take In Relationships

Love, more than any other virtue, is an extremely positive energy; it is an invisible prime mover and foundation of each one of our lives, a source of motivation and inspiration. People lacking love in their lives are normally lesser motivated and happier than those who have positive and healthy relationships full of love and an immense amount of love in their lives. **But when the same energy of love, possessing immense positive potential, is negatively focused and is not used correctly, it leads to many dependencies which are negative in nature.** How?

When you love someone, that could be your parents, your spouse, your children, your siblings, your friends, any relationship for that matter; there is a invisible and positive emotional and mental attraction between you and that person which keeps you connected to him/her, but **the moment the love turns into attachment and becomes a dependency, that person starts dominating and controlling your inner world of thoughts, feelings and emotions and your mental and emotional freedom is lost.** It is as if your inner world succumbs to the influence of the other person and you are no longer yourself. Everything that goes on inside you and that comes out of you has an impression of the other. This kind of love is not empowering, energizing and healing, because in this kind of love, over a period of time, desires, wants and expectations from the other start emerging. All these emotions place you in a mental mode of taking instead of giving. **Also in such a kind of love, where love is mixed with a desire to possess, over a period of time you start wanting to control the other.** From this control, you start exercising a power to influence the other. At first you are under their influence. As more attachment builds up, this is followed shortly by your desire to bring them under your submission and influence them. That way, you feel that you have them and that they belong to you. This is love that wants to take and not give. In this kind of relationship of love, there is suffering and sorrow. Even if joy exists, it is extremely short lived. **Unconditional love or love that only wants to give and not take or expect, strengthens and is healing, it never hurts or inflicts pain on the other.**

## Soul Sustenance

### Going Beyond Others' Perception Of Us

Watch how many things you do during the day are dependent on how you imagine the other sees you: your husband, your friend, your child, your cousin, your aunt, your boss, the secretary or whoever. You imagine how they are going to look at you and, as a result, you mould yourself accordingly. If you depend on the look of the other, inwardly you will always feel fear. You want to please the other so that they continue to see you as you want.

Because of the dependence that we have on the other to appreciate us, value us and not to reject us, we want to please them. If, in spite of doing everything possible, they do not appreciate us or are not happy, how do we feel? Cheated. After having done everything out of wanting to please them! Inside, you want to please them because you want them to keep on loving you, or you don't want them to sack you from your job, or you are afraid of being different or not being accepted. That kind of dependency takes us away from our true authenticity. If you look at yourself well, in the end, others will look at you well and the one who does not look at you well will perhaps teach you something, but your value and self-esteem do not depend on the look of the other. In this state, you are open because you trust yourself and you have personal security.

The other entity can also be the Supreme Soul (God). We are afraid that God might judge us for being sinners or not. If I think God looks at me with that vision of whether I am a sinner, whether I am this or something else, I distance myself from Him. A judge like that does not help me to live with wholeness. In general, in society, there has been a distancing from the relationship and experience with God, because we have learned that He is a strict being and a judge. Actually, God is love; God looks at me well and sees my potential and my beauty (which reflects His), God embraces me and, in this embrace, He frees me: He does not allow me to depend on Him?

## Message for the day

### Where there is peace there is patience.

**Expression:** My usual reactions to the stimuli around me are programmed, so I tend to be impulsive or react quickly to situations, I don't give myself time to think or understand. Because of this lack of patience I lose out on many things and I don't realise that I am losing out too.

**Experience:** At all times I need to make a conscious effort to keep my mind peaceful and calm, more so when there is a difficult situation. With this state of mind I am able to deal with situations patiently because peace brings power which in turn brings patience.

### Power of Truth

Truth brings simplicity. When you have the power of truth, you are simple. When there is a connection with falsehood, there is artificiality and complications. If you have the power of truth within you and you are living with it, you will never want to show off, nor would you be dependent on the compliments of others. So life becomes simple and easy. If you ever find yourself having waste thoughts because of your expectations from others, ask yourself what you expect from them that you don't have within yourself. The more you learn the art of connecting to your own innate truth, the easier it becomes to keep your life free from complications.

In Spiritual Service,  
Brahma Kumaris