



Get Past Your Past

Let the past be the past - both my past and the past of others.

There's no need to keep repeating the past in my head.

Think: Whatever happened, happened, it's OK for me to move on. Let me be supportive and make it easy, not difficult - for myself and others.

When I stay in the present, everything is pleasant.

Helping Others

We usually want to do a lot to help others or serve them in some way or the other, but sometimes we find that we don't find the right opportunity. At other times even we do find such opportunities we don't really find that they are according to our desire. We need to keep the thought in our mind constantly to be of help to others. Then we will not just wait for bigger situations or things to provide help to others. Instead we will be able to extend our help to others in little ways. Even such help provided in little ways will get us the opportunity to serve in bigger ways.

Are You Directing Your Inner Orchestra Well?

Our inner orchestra is made up of different music instruments - the different instruments are: our memories, desires, tendencies, mind, beliefs, emotions, feelings, fears, intuition, judgements, creativity, our imagination...

When you direct your inner orchestra well, you can remain unaffected by

external influences without succumbing to them. When the orchestra directs you, you dance from one side to another without a clear direction and with a music that is not very harmonious or sweet; it is noisy and you suffer. Who is the director of this orchestra? You. Who are you? You - the consciousness, you - the soul, you - the being. **When your consciousness is in charge, you make the orchestra play according to the inner voice of your being, according to your purest intentions and values.** You can. You simply have to be awake, alert and attentive. If the director of the orchestra closes his eyes for a few moments and covers up his ears, what happens to the orchestra? You have to keep the eyes of your inner spiritual vision open; what is called the third eye. And listen with your heart, not with your physical heart but with the heart of your being. If your orchestra rules over you, and you - the director - are stiff, without flexibility, asleep, un-sympathetic, you will not be able to achieve your dreams or arrive at the destiny that you would like to reach. And, to make things worse, when your orchestra dominates you, you are more vulnerable to being dominated by the orchestra of others. Or you will allow someone else to direct your inner orchestra. This is the ideal road on which to get trapped and suffer. Is this what you want?
(To be continued tomorrow ...)

Soul Sustenance

Taking Responsibility, Overcoming Guilt (cont.)

There is a difference between when we have established our own code of values or beliefs in life, and when we feel obliged (forced) to obey an imposed code of beliefs. **It is important for us to accept on an inner level the code by which we think we should be guided and act.**

When we act out of obligation (compulsion), by following a code of beliefs or behaviors that we feel have been imposed but aren't accepted as our own, we should ask ourselves why we act out of obligation (compulsion), basing ourselves on a code we have not accepted. Are we perhaps afraid that, if we don't do it, we will feel guilty?

When we violate the codes of belonging to a group, family, social class or community, generally we feel guilty. If this guilt leads us to question ourselves about what is right for our conscience, we progress in our personal growth and improve our clarity. **It is necessary to respect ourselves, being clear about what the beliefs are on which we base our life, think, feel and evaluate.** This will help us to avoid the gap between what we should and what we want to do. **Until the should and the want are joined, we leave an open space for guilt.**

When we act according to how we feel we **should**, we will feel guilt for not

doing what we **want**. While we act according to what we **want**, we will feel guilt for not doing what we **should**.

When guilt warns us that there is something to check and correct within us and we are willing to see it, have a dialogue with the self and clarify, we are on the right path. Sometimes guilt acts as an excuse for us to apologize without really taking on the responsibility for what happened; we pass on the responsibility to the established norms, norms that in this case we haven't accepted as our own. In any case, the solution to guilt is to take on self-responsibility.

Message for the day

The one who checks himself constantly is the one who experiences progress.

Projection: The one who keeps checking himself is also able to bring about a change in himself. Such a person takes each situation as a chance to learn something new and bring about some change for the better. So there is constant improvement in his life.

Solution: When something goes wrong, if I learn to check myself and bring about a change immediately, I will be able to experience constant progress. No situation will make me have negative feelings or make me stop, but I will be able to enjoy everything that comes my way.

In Spiritual Service,
Brahma Kumaris