



## Strength

If things are not turning out right, even when you feel you are doing all the right things, then just consider it a way to make you strong.

## Be inspired

With all the stresses and strains of modern life, and the feelings of inadequacy and cynicism these can generate, it is easy to forget the good things of which human beings are capable, such as friendship, charity, and selflessness, and to forget how resilient we can be. People's hearts have become so hard they are not able to feel. Human beings have become so sensitive and delicate they are not able to tolerate the slightest thing. But this is not what human beings should be. Human beings are so clever, they can make the impossible possible. If someone does something with insight and faith and trust, it is going to work out. Be inspired by others and remember that all human beings are capable of great things - including you.

## Self Esteem

Self-esteem comes when I really value myself: When I place value on myself, then others, too, will value me. When I don't value myself, how can I expect others to value me? If I continuously put myself down, saying \* I'm no good or \* I am not capable, other people who hear this will start believing it. So what do I do? The key word is 'consciousness'. As I start to make my consciousness positive by creating positive thoughts many times in the day about myself like \* I am the most fortunate soul in the universe **or** \* I am a victorious soul, I cannot experience failure in any step in life **or** \* I am a self sovereign soul, ruler of my sense organs **or** \* I am a destroyer of obstacles **or** \* I am a spiritual rose flower who spreads the fragrance of divine qualities **or** similar thoughts, I become spiritually alert, then I am in a position to start valuing my life and as I start valuing myself, I develop self-confidence. The effect of this is that I start valuing others, understanding that everyone has their own position: not higher or lower, just different. Each one's uniqueness has its value.

## Soul Sustenance

### Consciousness

There are two different basic levels of consciousness; \* I am a body (which is illusory (false)) or \* I am a soul, (which is real). When the feeling is \* I am a body, the thought process is trapped in the limitations, problems and vision of the physical identity. Its reaction to others is on the same level.

Given below is an awareness-thought-decision-action-result cycle in the case of a typical father-son relationship. You will notice the difference consciousness can make to the cycle.

#### Awareness

Body Consciousness: I am the father. I know the most.

Soul Consciousness: I am a soul. My natural state is love and peace.

#### Thought

Body Consciousness: My son should listen to me as he is my own flesh and blood.

Soul Consciousness: My son is a soul too. As a soul he is my brother.

#### Decision

Body Consciousness: I will teach him a lesson.

Soul Consciousness: I will respect his idea also.

#### Action

Body Consciousness: Father argues with son.

Soul Consciousness: Father and son discuss with respect.

#### Result

Body Consciousness: Ill feeling between father and son.

Soul Consciousness: Respect maintained.

## Message for the day

### Patience brings harmony in relationships.

**Projection:** When there is a misunderstanding in a relationship we hardly put in any effort in order to understand the other person. We tend to become impatient and we don't listen to the other person to understand them. Because of which we start inventing things about them. This only further increases the misunderstanding.

**Solution:** When we have a difference of opinion with someone, we need to give some time to understand and listen to the other person. Only then will we be able to understand the other person's point of view. This practice will enable us to finish any misunderstanding we have with others and brings harmony in relationships.

In Spiritual Service,  
Brahma Kumaris