



Sense of Humour

Steer easily through life by keeping a light touch on the controls, and a strong sense of humour.

Worry Confused With Concern (cont.)

We are all linked together at a subtle, invisible level, and communicate with others invisibly. We not only send but also pick up the energy that others radiate, especially the ones that we are close to. We demonstrate with an example how this can work positively as well as negatively when we find ourselves in negative situations in our practical lives.

Suppose the class teacher of your child (we take the example of your son) calls up and says that while playing in the school playground, your son has injured himself. She doesn't explain much but says there is nothing to worry. She requests you to come and pick him up from the school. At this point of time your son **is radiating his own spiritual energy which is most probably the negative energy of fear, stress, anxiety and sorrow (although the teacher has informed you that he is fine). At the same time he is also picking up your subtle spiritual or mental energy.**

You are driving to his school to pick him up. At this point of time, you only have a rough idea of what situation he is in exactly at that moment because you are physically far away from him. Guessing about the exact situation is making assumptions and is a waste of your mental energy. **If you make negative assumptions i.e. you worry and are scared, then you are sending him the same vibrations of fear, a negative energy, which he is going to pick up and it is not going to empower or help him in anyway but is more likely to weaken and disturb him and even disturb you in your driving.** You have been told that there is nothing to worry but still you know he is in a slightly difficult emotional situation and only he knows how he will come out of it. What will help him? He needs your support, but what will support him the most - we are talking about subtle support, because you are going to take some time to reach the school and provide him physical support? Your negative vibration of fear which you may mistakenly call concern or care as you imagine something bad has happened? Or the positive vibrations of your unconditional love and your good wishes, which is true concern or care? What will you send him to support him from far away? Worry vibrations or the vibrations of love in the form of your good wishes for them? Vibrations of love will keep you also in a positive state as you drive through the city. Besides, what is care or concern? It is you sending your positive inner spiritual light to help another and worry is definitely not that.

Soul Sustenance

The Fifth Phase/Age Of Humanity (cont.)

A circle is not a circle unless the line turns perfectly consistently to join up with itself. **A cycle of time is not a true cycle unless it repeats itself identically.** From such an angle, we can become aware of a fifth Age, the Age we are now in - the **Confluence Age (*Sangamyug* - a short Age between the Iron Age (*Kalyug*) and the Golden Age (*Satyug*))** - a time of change from old to new, from night to day and from vice to virtue. From the end of one cycle to the beginning of another. It is in this Age that our spiritual Parent i.e God hears and responds to our collective cries for help and relieves us from the pain and the fear that we ourselves have created. Like a good Parent, He intervenes at this time, the only time during our entire journey, to tell us the whole story - who we are, what has happened to us and how to find our way home. He reveals the complete picture and, as a result, sets us free from our false beliefs.

The importance of this time period now sets us free from wondering why the world seems to be so full of pain and suffering, as we can now understand that this is the end of the cycle, thus all souls are settling their karmic accounts at both the individual and collective levels i.e. souls are experiencing sorrow in various forms as a result of all the negative actions they have performed in the Copper and Iron Age. Debts are being settled amongst souls. Knowing this, we find it easier to detach from the numerous negative scenes that we come across, while staying focused on settling our own karmic debts through the power of spirituality. At the same time we are available to those around us when they need a little help to settle their own karma in the easiest way possible.

(To be continued tomorrow ...)

Message for the day

To have a desire for the good act done is to eat unripe fruit.

Projection: To have a desire to get the result of what one does is like eating unripe fruit. It is like following a shadow that will never be got. On the other hand, to do things because there is joy in doing it is to enjoy putting in effort. This also ensures that there is fruit attained at the right time.

Solution: When I am able to do things because I enjoy them, I am able to be free from expectations. And because I am free from expectations and desires, yet working towards my aim, I find myself attaining everything without any difficulty. I am patient and wait with joy for the fruit of my effort to ripen.

Trust

If there is the thought that we can do things ourselves without other people's help, it means that we have arrogance of our own potential or we are not able to have trust for others. This lack of trust doesn't allow us to use others' potential for the benefit of the task. So we are deprived of a very useful resource and we will not be able to be happy. We need to understand the fact that there is greater success in cooperation. It is much more useful to invest our time and resources in training and developing others' potential. This brings about the best from people and so there is a greater contribution and hence greater success in every task that we take up.

In Spiritual Service,
Brahma Kumaris