



Super moon rising over the French Alps in June 2013

## **Manage Emotions**

When the energy of our consciousness is out of our control - the mind is agitated. We are being emotional. The solution is to detach from the inner storms, stand back and observe the hurricane pass. Detached observation withdraws the energy which your emotions require to sustain themselves. When you watch your own anger, it dies. If you don't detach from it, and observe it ...it will be your master.

## Happiness

We usually look for happiness in all that we do. Unless there is an experience of attainment or visible fruit seen, we are not inspired to do the task. With such an attitude, although we do experience happiness for some time, we do not find it long lasting. Real and permanent happiness comes from our commitment towards our aim. When we are focused on that, the little things that we have to do which don't give us immediate happiness or which are difficult for us, don't stop us. We continue to move forward with happiness towards our aim.

## Understanding Fear

Everyone, when they are young, knows what their destiny is. At that point in their lives, everything is clear and everything is possible. They are not afraid to dream, and to wish for everything they would like to see happen to them in their lives. But, as time passes, a mysterious force begins to convince them that it will be impossible for them to realize their destiny... There is only one thing that makes a dream impossible to achieve: the fear of failure.

Fear is an energy that puts a brake on you and prevents you from doing what you want and aiming where you want to go. It blocks you in the communication and expression of what you want to say. Fear makes you hide, suppress and not express the most attractive; the most beautiful part of your inner self.

Fear has an influence on our capacity to reason, discriminate and take decisions. It makes us doubt, it makes us indecisive even in the simplest decisions of our lives. Fear does not allow your energy to flow, and that weakens your state of wellbeing and general health. Fear locks you into yourself and makes you become indecisive. It is a shadow over your inner self that prevents you from acting with ease and fluidity. It reduces your capacity of expression, of being yourself, of dealing with life and flowing in it.

## Soul Sustenance

### Creating Positive Habits

Some habits do not upset us, but others can cause irritation, frustration and desperation. We want to rid ourselves of them: but how? When we look at the creation and fulfillment of thoughts, it looks like a closed system: the thoughts lead to actions, the actions create a series of impressions (sanskars), and these impressions are responsible for similar thoughts, which lead us to similar actions, this is a vicious cycle. If we want to change a habit, then where do we start? In other words, where do we change the system or how do we get out of the cycle? First of all, we can try changing our negative actions: for example, stop a mental negative habit like anger or a physical one like drinking. In many cases, although we change our behaviour, but because we have not understood deeply why we wanted to do it, is quite possible that one day we will go back to this old habit.

We can try changing this system in our subconscious. By analysing what is recorded in our subconscious, through different therapies, the results are not altogether satisfactory. There is always some traumatic event, or painful experience behind a fear which causes us to cling on to a negative habit. And although we can see and recognise our fears and anxieties, if we do not replace them with something better, with a more beneficial and healthier alternative, very often we will feel tempted to cling on to these old systems, even though they do not work and they make us unhappy. To eliminate certain things we have recorded in our subconscious, meditation and silence are the most effect non-violent methods.

Another method is to try and change our beliefs with positive affirmations (thoughts) that strengthen our willpower, and thus introduce a new habit to replace the old one. It is vital not to repeat this affirmation mechanically, but to introduce it into the system of beliefs we hold, and act as if we already were what we express in this affirmation.

## Message for the day

**The one who is powerful shows the practical proof of success instead of just talking about it.**

**Projection:** It is usually very easy for us to talk about how to do things best, it is as much easy to tell others and give directions. But the one who is powerful is not just satisfied with mere words or proving to others about his success. He is more concerned more about being successful.

**Solution:** We need to check if we are applying in our life what we are talking about. We need to see to it that whatever we speak about, we must put into practice. Only then will we find improvement and progress in our life. Then there will be no more the need to talk about our success but our life will reveal how successful we are. We will then be an inspiration to many.

In Spiritual Service,  
Brahma Kumaris