



## **Talk Lovingly to Yourself**

Learning to talk properly to the self is a spiritual endeavour. When you make a mistake, do you talk lovingly to yourself in your mind, or do you tell yourself off? One habit recognises your divinity; the other subtly shapes a nature of sorrow.

## **Patience brings solutions to problems.**

When I am patient, in the face of challenges, I find time heals most of the problems. Even for those which I have to work on, patience helps me be cool and collected and helps me easily find solutions, without becoming panicky or upset. Patience also helps me to understand what I need to work on and what I need to leave for time to heal or correct. Today I will calm my mind before attempting to find solutions. I will look with detachment at a problem, knowing well the solution has to come. I will not consider it as my problem, but just as 'a problem' that has to be worked on.

## **The Process Of Birth And Death**

The leaving of one body and the taking of another is nearly always confusing and soon the details of the old life are erased by the new. Just in one day we forget so much. After having slept for a while, after some injury or shock, or even after a change in place, company or circumstances, many things are forgotten.

Death of the body is a great shock to the soul, especially if there was great attachment to that body, and the new set of circumstances in the new body is bewildering (confusing). Because the body and brain are not developed, the soul cannot express its memory, so it laughs and cries when it cannot recognize anyone, or when it wishes to express itself. By the time the body is developed, the soul has forgotten its past birth and has become accustomed to the new conditions and the new parents. The prominent *sanskaras* developed in past lives soon begin to manifest (show) themselves with new details (in the new birth).

## Soul Sustenance

### Empty Handed We Come And Go Away (Part 2)

Continuing from yesterday's message, a soul who does not cling, **is easy natured, who wears the clothes of its roles and responsibilities, but not very tightly, experiences constant happiness and serenity and connects with everyone or everything, but yet can disconnect whenever required.** This is true inner freedom. **Such a soul always smiles and coming in contact with such a soul is soothing.** Such a soul is a liberated carefree emperor and gives a comfortable feeling of liberation to everyone and everything it touches or comes in contact with. On a lighter note, if you are still not convinced about living a life of detachment, you can start with asking yourself, do you enjoy interacting with someone who likes to possess or cling or control or someone who does not? What is a more empowering and comfortable experience for you? The answer is obvious.

Once we get convinced about the idea, we will be courageous enough to challenge **internal pressures like old thought patterns, habits, beliefs, past experiences and external pressures in the form of real life challenging situations, the information that we receive from outside and of course our friends and loved ones** who will try and convince us to take the opposite path of attachment in subtle or non-subtle ways. Along with inner conviction, becoming aware of ourselves as spiritual beings through meditation, which will help us rediscover our real and authentic being, will also assist us immensely in this process and will provide us the power for the same. Meditation helps us empty ourselves of all that is unnecessary or excess waste inside us and discover the essential, which is precious, as a result we feel full and complete inside, and we no longer desire to possess or hold on to anything physical or non-physical. Hence, we very naturally, without much effort, start living our day-day life without depending on the crutches of attachment.

## 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.

In Spiritual Service,  
Brahma Kumaris