



Thoughts

When you sow a thought you reap an action, when you sow an action you reap a habit, when you sow a habit you reap a character and when you sow a character you reap a destiny. Thoughts are like seeds. You cannot sow the seed of one plant and get another: thistles will never produce daffodils! When your thoughts are positive, powerful and constructive, your life will reflect this.

Resolving The Inner Identity Crisis (cont.)

In yesterday's message we had explained how the confusions, complications and problems that exist in our world today and the state of human relationships all over the world, are simply a reflection of our lack of inner clarity about who we are, what we are and where we are heading i.e. a lack of true self-identity. So how do we resolve this internal and external turmoil? There is an **original, beautiful self, with characteristics of peace, love and happiness that exists within each one of us**, the self from which we have been distanced since a very long time. This is a centre full of the spiritual resources of all virtues and powers. Reaching it is a journey of only one second and no distance. **By identifying with this inner centre, a centre which is imperishable, unchangeable, constant and even eternal, my self identity becomes strong and stable**, as compared to many false identities based on external realities like position, wealth and material possessions which are all perishable and subject to various ups and downs even in one single day, and if we over identify with them, we are bound to experience constant pain and discontentment.

This process of true self-identification is not a renunciation or avoidance of the way the outer world is but it is a healing process for your inner world. It is an internal correction process of identification, whereby you rediscover your true self as a complete being full of positive emotions that you always were and you start identifying with it, doing which very easily helps you let go of the wrong identifications. This process is commonly called meditation, the foundation of which is spiritual wisdom. Once this inner work is done, the outer world starts taking the shape of a reflection of that. Resolving the identity crisis first changes the way our internal and external world looks to us, as a result changing the way it works.

Soul Sustenance

Injustices And Suffering In The World – Applying The Law of Karma (Part 2)

An understanding of the laws of action reminds us that whatever we give we get, and whatever we get is the result of what we have given. When we apply this understanding into our awareness while we watch apparent injustices in the world, it reduces our outrage, lessening our pain. It's not that we sit passively and allow people to bring about suffering upon others, but it helps us to see that **the greatest or highest contribution that we can make, to both the victim and the sinner, is to help them remember who they are and help them rise above their anger and fear towards each other.** Only in this way can we help them to liberate themselves from an exchange of energy that has perhaps been going on for centuries.

But before we can effectively do this for others, it is necessary to try and do it for ourselves. **Instead of taking the law into our own hands (the desire for revenge and justice), we can benefit everyone around us by first understanding and living ourselves according to the invisible laws of cause and effect which define all human relationships.** Sometimes this is referred to as 'practice what you preach', and it often requires moments of reflection before action in order to judge the consequences of any path of action. This capacity to stop, reflect and consider, in a state of mental calm and with clear intellect, is an essential characteristic of all effective leaders. It is also what makes us all potential leaders in life, every day, who can bring about world transformation through self transformation.

Message for the day

The one who listens is the one who is listened to.

Projection: When I say something I usually expect people to follow my suggestions. Yet I sometimes find that my words are not so effective. I either find that I need to use lot more words than necessary or others don't listen to me at all.

Solution: I need to be able to listen to others as much as or even more than what I tell them. When I listen I am able to take in new ideas and learn. Also, only when I am able to have the openness to learn will others learn from whatever I say.

'Getting away from it all' is something we all love to do.

Why wait for the holidays! Whenever you need it, make time over the weekend for your very own retreat at home.

Create a sanctuary. Drop the distractions.

Take the phone off the hook. Listen to soothing music. Simply enjoy the solitude and some unstructured time.

You can even use this time to review recent events, create new dreams or retreat into your inner space to renovate the soul.

In Spiritual Service,
Brahma Kumaris