



Reclaim your Lunch Break

How do you spend your lunch break? Do you even take a lunch break? Use your precious break to recharge, and you'll be more alert to tackle the afternoon ahead. Come on, get out of the workplace and get some fresh air. Go for a brisk walk and explore the area. Catch up with a friend on the phone. Eat healthy. You could even squeeze in a short lunchtime exercise or meditation. What will you do to get the most of your lunch breaks?

Realizing The Law of Cause and Effect (cont.)

Suppose a person from India goes to America for the first time and rents a car over there. He then parks his rented car on the wrong side of the road. He will be charged a fine because parking laws are different in both countries. He cannot simply say 'I didn't know, I am ignorant'. It should have been his responsibility, if driving, to find out the laws of the new country but he didn't take enough care.

In ignorance, we have done many things against the universal laws of creation - especially the Law of *Karma*. **We did not have the complete knowledge of what are good/bad *karmas*, what are right/wrong *karmas*; what different types of effects different *karmas* would have on me, others and nature.** But we cannot just say 'I didn't know'. It was our responsibility to know. If we look at the state of the world now, there may be a few sparks of light or spiritual enlightenment but, generally, there is a great amount of darkness. That gives us an indication of the sorts of *karmas* the vast majority of us have been performing, due to ignorance, to have produced the situations or circumstances in the world.

The complete knowledge of the *karmic* process, which focuses primarily on the Law of Cause and Effect (explained yesterday), which we learn when we are introduced to spirituality, helps us:

- * reduce the burden of the past
- * remove any type of suffering or sorrow in our present life
- * change our future as well as that of the world, to make it better and more positive
- * experience a positive return from our spiritual efforts
- * understand all the why's, how's, what's and when's which surround our life

Humility

To focus not only on the self but on others too brings humility. Such humility allows others to come close. The one who is humble is able to give others what is required. Yet he balances with a certain quietness, so that others don't become too casual and familiar. When we are humble, we become easy and light giving the love that we have within. We are free from the sorrow of expectations. Instead we actually become a reservoir of treasures from where others can take benefit. We are constantly a giver, being available for others.

Soul Sustenance

Internal And External Attachments - Part 2

We had explained some common examples of **external attachments** yesterday.

Some common examples of **internal attachments** are attachments to:

- * **your ideas,**
- * **your beliefs,**
- * **your opinions or viewpoints,**
- * **your memories,**
- * **a certain way of thinking**
- * **a particular virtue/virtues or specialty/specialties,**
- * **a particular power/powers,**
- * **a particular *sanskar/sanskars* - either positive or negative, etc.**

Whether the attachment is external or internal, the act of attaching is always internal. e.g. if you attach yourself to your job, you will say "my job". Your job is something external, but you hold on to it inside you - inside your consciousness.

(To be continued tomorrow...)

Message for the day

To be free from attachment of one's own qualities is to have the ability to work on the self.

Expression: The main form of attachment of the self is the attachment to both one's own specialities and weaknesses. When there is the ability to free oneself from this kind of attachment there is the ability to work on both. There is the awareness of them, but not bound by them. There is the ability to use specialities with love and according to the need. There is also special attention given to finish weaknesses.

Experience: When I am free from attachment, I am aware of them, but there is neither arrogance of the specialities nor any inferior feelings for the presence of the negativity within me. I am able to experience detachment from them and able to use my specialities with ease. I am not disturbed with the presence of the weaknesses but am able to win over them with ease.

In Spiritual Service,
Brahma Kumaris