



Forming an Opinion

Pause before you let your assumptions spin out of control, try being less fast to jump to conclusions and judge people or situations. Why not challenge your assumptions by checking out the full story first and then forming an opinion!

As is our attitude towards others, so is the quality of interactions.

Our attitude towards others influences our interaction with them. A negative attitude towards another person not only makes me behave negatively. It also makes the other person use that quality again and again when in interaction with us. We actually become a reminder to the other person about his own negativity. For example, if I continue to believe that someone is lazy and we keep expressing that, that person will only remember their laziness when they see us, and use it too. Today I will remind one person of some quality that I see in him. I will praise or use this quality of the person at least 3 times. Thus, I will be able to become a reminder for them, of their own specialty. This will encourage them to use this quality at least when they are interacting with us.

Meditation And Health

Each original quality of the self or soul is specially required for nourishing and empowering one human body system. The quality of **peace** is responsible for taking care of the respiratory system, **joy** for the gastrointestinal system, **love** for the circulatory system, **bliss** for the endocrine system, **knowledge** for the brain and nervous system, **purity** for the immune system and the five senses and **power** for the muscular and skeletal systems.

Each one of us has at least one body system, which is most prone to disease. When our mind is under the influence of stressful emotions, there is a decrease in the flow, from the soul to this body system, of that quality which is required by it for its nourishment, which leads to the development of disease in this system over a period of time e.g. when an individual with a weak respiratory system is in a negative state of mind, there is a decrease in the flow of the quality of peace to the respiratory system which in turn can lead to a disorder like asthma.

Soul Sustenance

Becoming Responsible For My Destiny (Part 1)

These are examples of some of the inner questions that emerge in our minds from time to time:

* Why is she rich and successful and I am not? * Why did he behave in that way with me; I've always behaved well with him. * Why does that one have easy success in life and the other, however hard he tries, fails at every step? * Why is he nice natured but is born blind and the other ill natured but has no health problems at all? * Why does she suffer so much? * She is so sweet, but yet everyone disrespects her. * Why did that child die at such a young age? She was so innocent. * Why did I get married to such a person? * Why am I here? * How is that student in my class so intelligent?

There are lot more questions like these that trouble us. **In the case of sorrows, it is seen more than the sorrow, it is the question - why this sorrow exists in my life that troubles us. Why? What? How? When? Even so, they all have only one answer: *karma*.**

I don't need to go into minute details of each situation. If I see that nothing can happen without having had a justified cause in my past or in that of others, life becomes much easier to face, with responsibility and the power of courage.

(To be continued tomorrow ...)

Message for the day

You can always be successful when there is a desire to serve others.

Expression: At the end of each day, check if you have done anything for others. Also check if there is any consciousness of 'I' in all the things that you do for others. When there is even the slightest trace of a desire for benefit for yourself you cannot experience either contentment or success.

Experience: Each day take up at least one thing that would bring benefit to others, irrespective of whether it will get you anything or not. When you serve with no selfishness you will find yourself succeeding in all you do.

In Spiritual Service,
Brahma Kumaris