



Best of Friends

The best kind of friend is the kind, you can sit on a porch and swing with, never say a word, and then walk away, feeling like it was the best conversation you've ever had.

Accommodation

Accommodation is perceived as something to do with accommodating others' negativity or concealing someone's negativity. So the consciousness is totally of the negative aspects and one finds it difficult to hide negative things for long. So after sometime this is revealed through one's own words and actions which even tend to hurt the other person. True accommodation is to perceive exactly what the person or situation requires. We are able to recognize what he needs and give accordingly. For example, we are able to give water to the thirsty and not diamonds and gold (he has no value for that at that time). When we are able to give in this way we remain unaffected with the negativity of the situation or the people around us.

Churning Spiritual Knowledge (cont.)

We had discussed a few benefits of churning spiritual knowledge yesterday. Some more are as follows:

3. The knowledge that we have becomes more real: and so can give more effectively to others. We can use the jewels of knowledge in serving others. This knowledge will have much greater power and be of much greater help to others than any form of scholarly or bookish knowledge.

4. Our personality changes: Limited views and thought patterns which give birth to various obstacles can be finished by churning. Our outlook towards life becomes very broad and we become completely content internally so that name, fame, respect, insult, etc. don't affect us, they seem totally insignificant.

5. Natural bliss: By churning, spiritual knowledge becomes a source of bliss. Because of the spiritual happiness and intoxication that comes from churning, our faces will become radiant and we become instruments to attract other people towards spirituality.

6. Our concentration power increases: By acknowledging and not suppressing impure thoughts we will easily clear negative thoughts within a short period of time. Our concentration power will increase. We will be able to clear and burn impure or waste thoughts, and easily become an embodiment of positivity.

Soul Sustenance

Self Purification

Each soul has become impure due its own actions during its various births. We ourselves became impure and peaceless because of losing our self awareness, so it is useless to blame anyone else. It is too easy to blame "so-and-so." Today, everyone blames someone else: * It's the religions, * It's the government, * It's the social pressures, * It's the Devil (Ravana), * It's my wife, * It's my boss. Few can see that their own unhappiness is because of their own weaknesses or actions under the influence of these weaknesses. The Devil is just a symbolic personification of these negative forces at work in every soul. The soul itself creates its accounts, good and bad, so the soul itself must balance them. No human soul can settle someone else's account of sins. In this respect many souls are being misled by those who claim to be able to change or interfere with the workings of the laws of *karma*. The ones claiming this have their own accounts of sins to settle. While they still remain in a physical body they are within the boundaries of the same laws that apply to all. The law of *karma*, of reaping and sowing, action and reaction applies to everyone.

The account of impure actions can only be balanced by pure actions on the part of the doer; the soul. Truly pure actions can only be performed when one is in a state of soul-consciousness and in remembrance of the one who is beyond action; the Supreme Soul (God). In burning love for the Supreme, sins can be rapidly burned. The soul need only increase its love for the Supreme Soul and remember him correctly.

Message for the day

True sweetness is to be peaceful in every thought, word and deed.

Projection: The one who is peaceful in thoughts is able to be sweet in words and positive in actions. Such a person is able to give others an experience of one's own positive qualities and those of others too. So there is beauty, positivity and sweetness perceived in such a person's life.

Solution: When I am ever ready I am able to be easy. Because I am easy, all tasks seem easy for me and effort put in for the success of the task also becomes easy. So I don't have to do a lot of effort but give my best. Thus I experience success every moment in all situations. When I am totally peaceful, I am able to experience my own inner beauty. In the silence of the mind, I am able to see everything in a positive way. So I have nothing that is a difficult situation, but only situations that bring out the best from within me. I experience the sweetness of life and continue to move on towards success

In Spiritual Service,
Brahma Kumaris