



### **Good Wishes**

If someone behaves negatively towards you, can you have good wishes for them? When you get affected by other people's negativity, your positivity depletes.

Try to work on creating good wishes for all (especially for the negative people in your life). Your good wishes can help, support and empower the other person to bring about a change for the better.

Best wishes to you!

## Forgiveness

We sometimes find it very difficult to forgive the mistakes committed by others. We do try to understand but are not able to understand the other person's behaviour and so find it difficult to forgive them. When I have love for myself and am able to learn from all that happens, I am able to forgive myself. When I know to do this, I can understand the other person too from his perspective and can easily forgive him.

## The Art Of Tolerance

It is important to understand that to overcome problems you need, on the one hand, **inner power**, and, on the other, the **capacity to tolerate**. Tolerating does not mean to put up with. To tolerate is to accept, understand and know how to face things. That is, to tolerate is not to put up with and then explode at a later stage. **In tolerance you dissolve that which, otherwise you would be putting up with.** Tolerance is like the ocean, which is an example of tolerance, because we throw a lot of dirt into the ocean, the ocean absorbs it and, over time, transforms it. Tolerance is being like the ocean, that is, knowing how to absorb and dissolve, and finally to make it disappear.

Tolerance has to be balanced with the capacity to face things, which is based on bravery, courage and personal security. Having the power to tolerate gives you security and trust that you will be able to, you will achieve it, and you will advance. Tolerance is necessary for shared living, to be and allow to be. With the virtue of tolerance, you will continue to smile, you will never be discouraged. To smile when someone praises you is not to be tolerant. However, when someone turns into an angry enemy and insults you, but you do not have even the slightest sign of dejection on your face, not even in your thoughts, that is to be tolerant. **To look, to speak and to enter in contact with feelings of compassion, patience, comprehension, love and respect, with a person that you do not have a good relationship with, is to have tolerance.**

(To be continued tomorrow ...)

## Soul Sustenance

### Uprooting the Emotion of Worry From The Consciousness (Part 1)

What is a good definition of 'worry'? **Worry is a process of imagining the worst possible outcome or result or future in a particular situation and creating a living and active image of it in front of the eye of your mind, and then using the energy of that negative image to flow inside your consciousness so as to completely overpower or weaken your spiritual and as a result your physical self to evoke fear in the self.**

When people are asked about this process, a person who is attached to this process and is involved in the process very regularly the whole day in different types of situations, one who is a habitual worrier, responds "But it's important to worry, it's good to worry. If we don't think of different possible negative outcomes, how will we prepare for them?" **It's important to realize that the belief, that by worrying, we prepare for the worst in the future is a false one.** This belief causes us not to realize the truth that all worry is simply an incorrect and fruitless creation. It is a wrong use of the positive, constructive and imaginative capacity of our mind and intellect which, instead of empowering the mind and intellect, weakens it. Preparing for the future is important and necessary, but very often while doing that, we enter the territory of worry, which leaves us, defeated or weakened. There is an extremely fine line between proactive preparation (necessary preparation in advance) on the one hand and worry on the other. The preparation can be done without creating an excessive number of possible negative outcomes in the mind.

(To be continued tomorrow ...)

## Message for the day

**The method to bring about change is forgiveness.**

**Expression:** Forgiveness means to have good wishes, cooperation, love, respect and faith. This becomes like a blessing for the one who needs to bring about change. Words spoken will then be powerful and easy. This will naturally bring faith in the other person in order to bring about natural transformation.

**Experience:** When I give only correction I forget to forgive. But when I first forgive I am able to remain cool and easy. I am also able to forget the intensity of the mistake. So when I forgive and forget in this way, my forgiveness itself becomes a correction for the other person.

In Spiritual Service,

Brahma Kumaris