



Stormy Seas due to a Hurricane in Portugal

## **Stability**

Amidst the earthquakes of unexpected situations, the hurricanes of unreasonable behaviour, when fortune strikes against me, I will remain unmoved, knowing that finally all will be well.

## Positive Qualities

When we make mistakes or when we are not able to keep pace with the challenges that come our way, we tend to see our own negative aspects. The more we tend to remind ourselves of these negative aspects, they further get strengthened and so there is the tendency to use them again and again. Instead of focusing on our negative qualities, we need to pay more attention to our positive qualities. The more we remind ourselves of these positive qualities and use them in a conscious way, the more these qualities will begin to be visible in our life. Then there would be no space for negativity.

## The Internal Voice Of Our Conscience (cont.)

An angerholik (one who gets angry repeatedly) hears the internal voice telling him to stop creating mental unrest, harming his body, hurting others and being addicted to the habit and the hormones that get created inside the body due to the habit, but then ignores the voice or drowns it out. This only adds to the inner disharmony (peacelessness) already present and both self-respect and self-esteem are slowly reduced. Any action we do which springs from forgetfulness (body-consciousness) will trigger this inner, spiritual discomfort. Following the action, we might feel guilty for doing something we internally knew was wrong. Any form of guilt **except** the one that is caused by another person i.e. except the case when guilt is caused inside you because another person is emotionally blackmailing you, is the voice of our conscience calling to say that we are acting against the essence, something is out of sync. Our level of guilt acts like a thermometer (an indicator). It shows us when and to what extent we are not aligned to truth. **If we learn to pay attention, listen closely to this inner discomfort and the message it conveys, we will also hear why and how to make corrections, so that we no longer create negative karma.**

## Soul Sustenance

### Anger Management And Prevention

How often has your anger ever made any positive difference to situations? Probably never.

Have you ever noticed that when you get angry with someone it seems to push them away, they go into hiding, they go underground, and then it's not possible to influence them and help them to change.

Then some people think, that if you don't get angry about anything and with anyone you might as well lie down and be a doormat, one on which anyone can walk over. Well you could if you think doormat is a role you would like to play, but it's not compulsory. You could be assertive (confidently aggressive in a positive sense or self-assured) instead of angry. You are fortunate to have an intellect that knows the way to differentiate between right and wrong, you are human so you have the ability to be understanding and compassionate (merciful), and you have a unique contribution to make to this game called life. So why not do something to help situations become better by applying the qualities of generosity, kindness and mercy instead of becoming angry? If you care about the situation so much what are you waiting for? Trouble is, the angry person is a bit like the compulsive complainer about situations. If you complain (get upset) about situations it means you have an image of how you would prefer things to be but you are not prepared to actually do something about it.

### Message for the day

**The one who has the power of realization is the one who can bring transformation.**

**Projection:** When something goes wrong we immediately begin to look for excuses why that mistake happened. This finishes our power of realisation and we will not be able to recognise our own mistake. Then we will not be able to work at improving ourselves and we will not be able to bring any transformation.

**Solution:** Instead of looking for excuses for what happened, we need to take the opportunity to check within ourselves and see our own mistake. When we recognise our mistake, however small it may be, we will be able to work on it. Only when we are able to realise our own mistake, will we be able to bring about transformation in ourselves.

In Spiritual Service,  
Brahma Kumaris