



Elakala Waterfalls, West Virginia

Cripple Effect

What goes around comes around is not a new insight. It is something most of us intuitively know but easily forget, as we attempt to hold on to most things which come to us. What we don't realize is the ripple effect can easily become the cripple

effect. Everything we think and do not only ripples out into the world, it also creates an impression on our own consciousness inside. If one day you decide to get really angry (very unrelaxing) at someone, then you create a memory of your irritation and carve a kind of scar or groove on your consciousness (non-physical of course). Within this scar or groove is a recording of the image of the person as you have decided to perceive them, and the energy of your anger surrounding that image. Remember, you put it there, not them. Two days later you see the same person and that triggers the image and the anger which you have already recorded within. The emotional turbulence inside your consciousness makes it very hard for you to remain positive, connect and communicate effectively, positively and harmoniously with them. In effect you are crippled and clouded by your own emotion. Most of us experience this, sometimes many times a day, but refuse to see that we cripple ourselves, preferring to blame the other person. Which is why we can stay crippled for a long time and not even realize it.

Clean and Clear

Normally we feel that only if we have God's love and mercy can we move forward and progress. But we are not always sure about what God has in store for us. So we wait for something to happen before we can achieve purity and perfection. It is in fact the other way round, that the more we come back to our pure form, where we are clean and clear inside, the more we become worthy of God's love and blessings. It is these blessings that further strengthen our own specialties and help us progress.

The Relationship Between Anger And Attachment

Most of us logically understand that all forms of anger are worthlessness emotions, but when we enter into the field of practical actions, we tend to argue that there are some situations where the weapon of anger has to be used and where it is justified or allowable. When someone tries to harm me personally, like giving sorrow to a friend or loved one, send a complaint about my work to the higher ups in the office or simply insult me or bang into my car at the street crossing for that matter, it would seem that our anger is justified, on such occasions. But the basic principle is the same in all these cases. **We are, in our own mind, trying to control and change what we cannot change - the past or other people or events.**

In all the above cases above we suffer a lot when these things that are close to us are changed or lost. So why does that happen? It is because we keep all these things 'too' close to us or in other words we are over attached to them. When someone tries to bring me down at the workplace, or in other words tries to harm my position in the office and I suffer because of the same, it is because I identify with my role in the office, I think I am the role. When someone bangs into my car, the emotion of anger emerges inside me, because I identify with the car, I think I am the car! This is the deepest mistake. It is the deepest cause of the negative suffering called anger. We are not aware of this of course, but if we were to take a moment and see what we do in our minds, we would see we emerge the image of our role or our car on the screen of our mind. We have then gone into that image in our mind, and we have lost our spiritual identity or individuality in that image. In effect we have identified completely with the role or the car or are too attached to them. So if the role or the car is harmed in any way, it feels like it is happening to us and, as a result, we become disturbed or angry.

(To be continued tomorrow...)

Soul Sustenance

The Distinction (Difference) Between Human Souls And The Supreme Soul (God)

Human Souls: They take human bodies and experience birth, life and death.

Supreme Soul: Never comes into the cycle of birth and death.

Human Souls: They are subject to change and the dualities of pleasure and pain, growth and decay, happiness and sorrow.

Supreme Soul: Changeless. The One beyond the above dualities.

Human Souls: They remember and then forget their original pure nature.

Supreme Soul: God is always the ocean of knowledge; he does not come in the cycle of remembering and forgetting.

Human Souls: They are seekers of peace and happiness.

Supreme Soul: God is the One whom everyone seeks (longs for). He is the bestower (giver) of peace and happiness to everyone.

(To be continued tomorrow)

Message for the day

True help is to help people discover their own specialities.

Projection: When others' negativities or weaknesses are perceived, it is essential to look at their positivity or specialties too. This will naturally bring love and positivity in the relationship and there will be an encouragement of that positivity. So even if that person has no recognition or has not been using his specialty, an encouragement of it by others will naturally enable him to begin to use it.

Solution: Making others aware of their specialties and subtly encouraging them to use these specialties is a great help that I can do for others. When I am able to give this unique help and cooperation, I not only find benefit for others, but I am also able to get the good wishes of others. Even others naturally become positive with my positive attitude.

In Spiritual Service,
Brahma Kumaris