



## **Sense and Spirituality**

Sense is practical intelligence. Some of it is learned, yet the implication is that we have an inbuilt idea of right and wrong that enables us to act accordingly.

Spirituality is about understanding the self and realigning our sense of self with how we relate to the world around us.

When we integrate sense and spirituality, we engage meaningfully with a spiritual sensibility.

## Trustee

When we think of resources that God has given us, we tend to think that everything should be accepted blindly. Such acceptance sometimes leads us to become passive, or even make us to get caught up in the negativity of the situation. To consider ourselves as a trustee of God is to appreciate what is happening, knowing that God is responsible. It also means that we need to be a valuable instrument and do our bit well. When we make full effort handing over the responsibility to God, we are able to do our best using all the available resources. Yet, we don't experience the burden of the situation.

### Beginning Your Spiritual Journey With Acceptance

Sometimes, in order to get a desired result from a process, we need to let go of our resistance and trust the process initially. In order to restore our personal relationship with the Supreme Father or God, we need to let go of our old beliefs temporarily and trust the path or process of spirituality.

**Given below are some facts of spirituality, which if accepted initially, will help you experience the Supreme Being easily:**

- 1. Accept that the soul and the Supreme Soul are separate energies** with the same form. They are both points of spiritual light, extremely small in size but with immense amount of capabilities, virtues and powers; the Supreme Soul, having more of them than the souls.
- 2. Accept that we must be proactive in building our relationship with the Supreme** (and not depend only on Him) and also be aware, that like any worldly relationship, this one also takes a little time to develop.
- 3. Accept that the re-establishment of the loving connection with the Supreme requires the letting go of, not the material world of objects and people, but our attachment to them.**

In tomorrow's message, we shall explain some more facts.

## Soul Sustenance

### Changing Your Belief System To Overcome Feelings Of Revenge - Part 1

It's worth wondering, what I need to change inside my belief system so that no feelings of revenge exist inside me for anyone irrespective of what someone has done to me. When someone harms me or insults me in any way, what is the belief that exists inside my inherent belief system that causes feelings of revenge to emerge inside me in the first place? It is the belief that 'whenever someone does something negative to me, he hurts me, he is the victimizer and I am a victim'. **I need to change that to – 'no one can never hurt me, but it's what I do with someone's negative actions, what shape I give the negative actions inside my mind, that causes me hurt, the choice lies with me'.**

Two people will do two different things inside their minds with the offensive or negative actions of a particular person – one will create feelings of anger, hatred, sorrow, etc which will give rise to the desire for revenge; the other will create feelings of peace, love and good wishes which will give rise to only forgiveness, with no room for revenge. In other words, **two different people will respond in two different ways to the negativity of the so called victimizer, depending on their belief system, their inherent personality or nature, their experience of similar negative actions in the past, either committed by the same person or by other people. All these factors will shape their perception of the other's actions and the self.** One will see the other or perceive the other as the victimizer and himself as a victim and another will not identify the other person with his negative actions, but will instead focus on his inherent positive nature or positive aspects of his current personality and will also remain unaffected himself.

(To be continued tomorrow ...)

## Message for the day

**To tighten the loose screw of carelessness is to be powerful.**

**Expression:** The one who is careless is not able to use the powers and the skills that he has. All the positive qualities within are wasted, because the one who is careless is not able to use them in the best possible way. But the one who is able to tighten the loose screw of carelessness is able to recognize and use the potentials that are within. So there is power visible in such a person.

**Experience:** When I am able to be free from carelessness, I am able to move forward with lightness and happiness. There is no difficulty of any situations experienced and I do everything to the best of my ability without giving any excuses. I am able to experience being powerful under all circumstances, as I am the master of the situation.

In Spiritual Service,  
Brahma Kumaris