



## Good Relationships

In order to create good relationships: - with your mind, think about what you have to learn from others, - with your eyes, look into good qualities of others, - with your words, recognise, value and appreciate their accomplishments, - with your actions, cooperate and do something for others.

## True winning

If you ever find yourself defending a position, explaining why, or justifying anything, it means you have been defeated. It means you have not been able to accept the others point of view, or the fact that you may be wrong. Fear has conquered your mind and your heart. Your defences are up and you are running scared. It's not that the other person has conquered you, it's the self-created fear that is in control. Until you can accept the other (you don't have to agree) and you are not threatened by the other, your victories will be delayed. It's a funny old world when true winning is accepting not resisting, when victory is found in the wisdom to stop fighting and to begin engaging.

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## The Difference Between Human Souls And The Supreme Soul (God) - cont.

**Human Souls:** They have physical bodies.

**Supreme Soul:** God's form is incorporeal (point of spiritual energy).

**Human Souls:** They cannot liberate humanity.

**Supreme Soul:** God is the uplifter of all.

**Human Souls:** They become impure through body-consciousness.

**Supreme Soul:** God is the purifier.

**Human Souls:** They are caught up by the present, do not have complete knowledge of the past (since they come in the process of birth and rebirth) and no accurate knowledge of the future.

**Supreme Soul:** God is the knower of the three aspects of time (past, present and future).

**Human Souls:** They are takers.

**Supreme Soul:** God is the giver, He takes nothing.

## Soul Sustenance

### The Step Of Donation In Silence

Donating is the final step of silence. We have filled the self with a particular quality and it starts flowing out of us. We allow this quality to touch the atmosphere around us and consciously donate this vibration to the world, enabling those in need to feel it and to absorb it.

This is the ultimate step of a true meditator, often referred to as the **lighthouse** stage. A lighthouse stands still and stable in one position in the rough sea and beams the light all around so that ships are shown the way. We are able to bring an original quality of the self into our consciousness, fill our self with it and then, very naturally, let it radiate from the mind.

One of the most important aspects in this step of silence is the link with the Supreme Energy. We make this link with the Supreme Source, we absorb from that Source, we fill the self from that Source and then donate all that the Source has given us.

This is called **angelic** or **instrument** consciousness. It is said that an angel is a human soul who has fallen so deeply in love with that Source of Light that it has transformed completely. It is totally filled with Light and Peace and its task is only to serve, to share Divine Love and Peace with others.

### Message for the day

**The one who is clean and clear inside is the one who becomes a mirror for others.**

**Expression:** When there is the ability to realize and bring about a change, there is also the ability to make oneself clear and clean inside. Such a person naturally becomes a clean mirror for others to see their own perfection. He becomes an inspiration for those around for bringing about the best from within.

**Experience:** Each and every moment of my life, when I am able to work to bring about a change in myself constantly, I am able to remain in touch with my inner qualities. I have the joy of experiencing my inner perfection, which naturally flows and touches the lives of those around.

In Spiritual Service,  
Brahma Kumaris