



### **Talk Lovingly to Yourself**

Learning to talk properly to the self is a spiritual endeavour. When you make a mistake, do you talk lovingly to yourself in your mind, or do you tell yourself off? One habit recognises your divinity; the other subtly shapes a nature of sorrow.

### **Responsibility**

Responsibility is best fulfilled by the one who is detached. When one is attached to the task that he is responsible for it leads to worry, doubt and fear. This can have a crippling effect on decision-making and result in difficult situations. On the other hand, the one who is detached is the one who is able to see things clearly and so fulfill all responsibilities with lightness. When we have to take up some new responsibility we need to tell ourselves that we will do our best in fulfilling the responsibility. When we become detached from the

result of the task we will find ourselves doing our best because there are no negative thoughts.

### **Seven Techniques To Let Go Off The Past (cont.)**

**Positive Information and Intoxication** - The more we listen or read positive and constructive spiritual knowledge, even if it is for 10 minutes daily, and imbibe (absorb) it, the more our negative memories fade into the background. Also the regular input of knowledge lifts our consciousness to a higher level and gives us an experience of intoxication or spiritual bliss, in which the memory of our past sorrows and negative experiences gets dissolved. Even on a physical level, there are lots of people who indulge in some kind of addiction or intoxication only because it temporarily helps them to overcome and forget the negatives in their life.

**Karma Realization** - Another benefit of spiritual knowledge is that it makes us realize the various shades and details of the Law of Karma and its application in the World Drama, which helps us immensely in letting go of the past and concentrating on our present so that a bright future can be built, irrespective of the quality of the past.

**Self and God Realization** - One of the most important benefits of meditation, an important aspect of spirituality, is that it makes us realize and experience the spiritual self and the Father of the spiritual self, the Supreme Soul, accurately. This is an experience of liberation, in which there is no room for past repentances. Past repentances are more a reflection of excessive attachment to the physical or material or attachment to incorrect emotions related to body-consciousness, remembering the damage caused by it to the self and experiencing sorrow due to the same.

**Connection and Relation** - Also, meditation being a deep connection between me and the Supreme Father, it fills me with immense power and it is also an intense relationship, which fills me with love, happiness and peace. In the experience of these attainments, over a period of time, my past ceases to burden my consciousness.

(To be continued tomorrow ...)

## Soul Sustenance

### Inculcating Powers Through Rajyoga Meditation - The Power To Tolerate (cont.)

Real tolerance is a state in which, firstly, I have to go inside and check how I can contribute positively to a difficult situation. If the difficult situation requires me to mould my own behavior, I have to be open about that and respond accordingly.

Secondly, real tolerance requires understanding and humility in the self and sympathy towards others: realizing that at the deepest level, everyone's original qualities are love, peace and happiness and everyone wishes to experience these qualities and live with them and that when we behave badly towards one another, it's because we are suffering from a loss of these qualities, a loss which is temporary. That doesn't mean I have to invite another person to continue to insult me, or deliberately expose myself to negative situations. But if I happen to be in a situation where there is continuous insult or assault, understanding will contribute to my power to tolerate and accept it or walk away from it in peace.

Thirdly, real tolerance is that state of contentment, which comes only through the relationship with the Supreme, in which there is no impact from the assaults, other than to cause a response inside me of wanting to give, like the fruit tree (explained earlier). Forgiveness is the healing balm for an intolerant nature. When we move very far away from God, our tolerance level reduces. The nature we express becomes that of wanting, taking, needing, rather than our original nature, which is of giving and forgiving.

## Message for the day

### Love for positivity brings progress.

**Projection:** When I have love for positivity, I will not be able to have negative thoughts for a long time. I will naturally put in effort, both internally and externally to come back to positivity. So this positivity spreads around to others too and serves in creating a positive environment.

**Solution:** Because of my love for positivity, I begin to enjoy creating and maintaining positive thoughts. When there is experience of positivity within, there is the natural desire to sustain it. Then no negative thoughts or feelings are encouraged. Slowly I find myself being only positive.

In Spiritual Service,  
Brahma Kumaris