



True Peace

True peace can be experienced only when we stop giving and taking sorrow. In order not to give sorrow we need a clear heart that has no ill feelings and for not taking sorrow we need a big heart that can tolerate and help other souls to get over their weaknesses.

Conquering The Emotion Of Jealousy

Man was handed the master key of the knowledge of good and evil *karma* by God. He used the key to perform good *karma* for some time. That was the day of humanity. Over a period of time, while playing the game of different roles in the world theatre, the key was lost and man started to perform evil *karma*. The evil man started identifying with evil so much that he forgot his original good self and thought that evil is the eternal self. That was and is the night of humanity. That is why in the scriptures, mistakenly it is said that even angels used to sometimes feel jealous. In Indian scriptures, *devis* and *devtas*, the original good men and women, have mistakenly been shown to possess the emotion of jealousy at times. Poor perception of the evil men, who made the scriptures and temples in the remembrance of the good men and women, the angels, after they had ceased to exist! The good men and women were nothing but our early births as we started our journey of birth and rebirth as flawless beings.

Today humans are empowered beings who have the capacity to experience so many emotions, both positive and negative. Sadness, anger, happiness, sympathy and the list is endless. Out of all these one very powerful and dominating emotion is jealousy. **When we see different players in this game of life playing different roles, sometimes while seeing them with the spectacles of role consciousness, feelings of jealousy or a desire to be like the other are experienced. Comparisons emerge in our minds.**

While being competitive and having aspirations to succeed are absolutely fine and there is no doubt that to do that sometimes we have to look at the other or even others and this drive helps us meet life's challenges also, but when this look at the other is accompanied by comparisons and feelings of low self esteem as a result and takes the form of jealousy; it gets out of control and starts having an adverse effect on our relationships, that steps should be taken to curb those feelings.

(To be continued tomorrow ...)

Soul Sustenance

Understanding The Mechanism Of The Virtue Of Peace (Part 1)

Each and every human soul's original trait or characteristic is peace. Before each soul comes down on the earth to take its first physical body, the soul is in a state of complete peace, residing in the soul world. **In the soul world, the two faculties of the soul – the mind and intellect are complete inactive or dormant and the third faculty, the *sanskara* or spiritual personality is only that of eternal peace and purity and no other virtue like happiness, love or knowledge.** The mind is completely silent, not creating a single thought or emotion or feeling nor possessing an attitude. The intellect which possesses the power to discriminate right thoughts, words or actions from the wrong ones does not exercise its power because there are no thoughts, words or actions in the soul world, so there is nothing there to discriminate. The *sanskaras* (as mentioned above) are also inactive to a certain extent – there are no thoughts, feelings, emotions, attitudes, words or actions to be created or processed, which would be based on the *sanskaras* or personality.

When the soul first takes a physical body on the world stage, it creates thoughts and feelings which are few in number and they are only positive and its words and actions are also limited and completely positive. Its discrimination power is active and completely accurate and its *sanskaras* or personality come into an active mode (*sanskaras* other than peace also become active) but only for a positive purpose to create positive thoughts, words or actions. As a result of this, the soul experiences immense peace, but the extent of the peace is lesser than that of in the soul world, where it is completely still and experiences dead silence or peace. It is never peaceless though at this stage. As the soul starts coming into the process of birth and rebirth, it starts losing its energy slowly; its mind, intellect and *sanskaras* start functioning negatively or incorrectly, it begins to succumb to the vices, leading to the creation of thoughts, words and actions, which are not only large in number but they are mostly waste or negative in nature. As a result, the soul gradually begins to lose its peace, which it experienced in the soul world (eternal peace) and at the start of its journey on the physical world and starts becoming peaceless.

Tomorrow we shall explain how we can return to our original state of peace.

Message for the day

The one who takes inspiration from others keeps moving forward.

Projection: When I look at the specialities of others, I sometimes tend to get discouraged. At such times my own weakness(es) look very prominent and my specialities remain hidden. Such comparison might not actually lead to jealousy but subtly continues to have its influence on me in a negative way.

Solution: At all times I must make sure I am constantly moving forward. Looking at others' specialities I need to take inspiration from them. I need to see what aspect I can imbibe in myself too. When I do this I will be able to experience constant progress being free from negativity.

Your 'Original' Self

Take a moment whenever you remember just to stop. Be still and silent. Sense the quietness of that moment and visualise yourself stepping into an ocean of calm. Submerge your whole being in the quiet waters. As the waves of that calm ebb and flow, begin to unburden yourself. Slip into that place of no thinking and become completely still. Now, in that stillness, become aware of your 'original' self. This is the real, true you. Let it appear quietly but brilliantly. After some moments, emerge from the still waters and try to retain an awareness of the true you as you go back to your everyday affairs.

In Spiritual Service,
Brahma Kumaris