



## Lost and Found

Being lost in thought, thinking about things to do, what's been done, what could have been done... is not only tiring but also a brilliant way to waste energy. It diminishes your peacefulness and clouds your clarity.

Every time you become lost in thought it means exactly that - you are lost! To find yourself, allow your mind to become quiet, to become utterly tranquil.

In the quiet depths of every being, there is a stillness that contains a deep inner peace and wisdom that can guide you in your life.

## Worry not

Worrying leeches your vitality. It robs you of the energy needed to accomplish things.

Why not clear away the gloomy clouds of worries!

Allow your mind to relax and bask in the eternal sunshine of the worry free mind.

Your mind will then be rested and rejuvenated - ready for life.

## Love And Suffering (Part 2)

**We have the inner belief that love, worry, fear and suffering go together.** It is difficult to transform (change) fear until we eliminate that belief. You are love and you need to share that love. Life is a sharing of love, it is loving the body, loving oneself, loving others, loving God, loving nature, loving work. That energy of love in the end purifies us and helps us to go forward. **But while the belief exists that love has to be linked to fear and suffering, we will be blocked and will put a brake to the flow of pure love.** In the name of love, we worry, we suffer and we are afraid. Instead of helping from a place of freedom in love, we help out of worry and fear, and in doing so we stifle, control, depend, and the other person feels their inner freedom restricted. We do not let them be.

If we review our personal life and see the moments when we have experienced most pain in our lives, we realize that **it is with the people we have most loved, and that have most loved us that we have suffered most.** We experience pain in a relationship of love, where there is **possession, control, submission and dependence.** Other times the pain is caused by a loss that generates an inner emptiness. That person filled me, they gave me wholeness, they were the reason for my existence and now they have either left me or they have gone. In the second case, we wouldn't say that they "have died", but rather that they have gone to another level of existence i.e. the soul has taken a new physical costume.

(To be continued tomorrow ...)

## Soul Sustenance

### The Relationship Between Anger And Attachment (Part 2)

**Attachment is a negative attraction that we succumb to, inside our consciousness, regularly and it gives rise to ego, which in turn is the root cause of all suffering. Suffering, in turn, is experienced at an emotional level through the various different forms of anger.** We need to realize this phenomenon very deeply because this happens many a times in each day of our lives inside our consciousness. Then we can see exactly from where our anger arises and we can correct it.

**So if we don't want to suffer from anger, the solution is simple - we don't get attached to anything or anyone, to any expectation, any particular desired result.** Sounds difficult at first, but the same solution can be put in a way that would seem easier to achieve, we don't lose our spiritual identity or individuality in something we are not, in anything or anyone that is physical. That does not mean we shouldn't possess any material objects and not experience joy by using them. It also does not mean we start remaining aloof from people that we love. Nor does it mean we don't have goals and ambitions at the workplace etc. We do. But our relationship with them changes. Our relationship becomes one of detachment and not of attachment. And what is a relationship of detachment? **Detachment means that we possess all of them but we are no longer dependent on any of them, for our peace, contentment and happiness.** We choose to be peaceful, content and joyful irrespective of whether they are there with us or not. So when cars get banged into (which can happen at times) and when people close to us are harmed or insulted or they leave or are separated from us due to any other reason (which is also bound to happen) or when jobs are lost (which is inevitable), we don't react angrily and suffer as a result. We have realized everything in life comes and goes; everything is born and comes to an end. We also realize that every process taking place in life is unpredictable and not always controllable, and must end. Things do and will happen. We know this is a reality. Every time we get angry it means we are having an argument with this reality of life.

## Message for the day

**Become a jewel of contentment and you will become a bestower.**

**Checking:** During the day, check if you were always able to remain content whatever the situations you were faced with. Also see if you were able to be a giver in all the situations or if you were expecting something from others.

**Practice:** At the end of each day, make a list of all that you have attained during the day. Your list could include even little things that made you happy. This practice helps you see what you are attaining and you will become a giver.

In Spiritual Service,  
Brahma Kumaris