



Emotional Pain

In a situation of emotional distress, you usually have two options: to face the problem or not. Processing a problem means you are facing it. Suppressing the problem means you are not. There's a big difference between the two. Processing is to the mind what digesting is to the stomach. If your digestive system can't handle certain foods, you have to stop eating them, otherwise you become sick. Similarly, if you find yourself in a situation where you can't cope, don't just sit there taking it all in. It's better to say something right there and then. To hold things inside will not allow you to have a healthy mind. What you take in will be indigestible and it will be obvious to others that you are having a problem. Our ability to cope is hampered by thinking too much about other people. This causes problems in the mental digestive system. The best mental 'antacid' is in-depth spiritual study. This, plus regular practice of self-awareness, penetrates the mind very deeply, dislodging emotional pain at its roots. Only then can emotion be purified, refined, and ultimately transformed.

The Dynamics Of Greed

Deficiencies inside us bring about a spiritual void or the lack of wholeness (fullness). As we lay the foundation of our lives on deficiencies or weaknesses, the result is suffering, sorrow and peacelessness. If we act in harmony with spiritual virtues and qualities, the result is cooperation, happiness, peace, contentment and finally, wholeness.

A spiritual void leads to selfishness and causes the creation of greed inside us. We want to have more and possess more, which generates a state of expectation and stress. We fill our lives with things and objects to cover up deeper deficiencies. Then we are afraid of losing them. We generate expectations of all kinds, and when they are not fulfilled we react with anger, frustration, fear or disappointment. The inner emptiness makes us become greedy. We fill ourselves with objects, properties, things. **We take and consume more than what we can give to the Universe in the form of positive thoughts, feelings, vibrations, actions etc. and this brings about imbalances in the self, in relation to others and with nature.**

Something similar happens on a physical level. The body has a capacity to recycle and eliminate waste through different mediums. However, since we consume more toxins than the body can process, it leads to imbalance and we are more prone to feeling physically ill and unfit and developing diseases etc.

Intellectual humility

Just when we think we've mastered something, something else comes along to make us humble again!

It's as if life is saying, 'don't box up your knowledge and think you've got it!' Think you have it all figured out and you're deciding that you don't need to know any more; you're closing your mind to new ideas and learning.

Instead be intellectually humble. Have confidence about what you know but keep your knowledge and understanding open - there's much more to come!

Message for the day

The method to finish negativity is to fill with the power of positivity.

Expression: There are a lot of negative characteristics, which continue to work in one's lives colouring words, actions and behaviour. Such negativity cannot be removed by reminding oneself of it again and again. Instead, a reminder and an excuse to use positivity, helps finish this negativity very naturally. It is when even the tiniest ray of light comes that the darkness begins to disappear.

Experience: When I start discovering and working with my inner positivity, I am able to easily win over my seemingly strong weaknesses. The lesser attention I give my weaknesses and the more attention I give my strengths, I am able to have an influence over my weaknesses and convert them into strengths. So there is a total experience of positivity, whatever the situation may be.

*In Spiritual Service,
Brahma Kumaris*