



Character

Humility dismisses nothing; rather, it takes even small things into consideration. It recognizes that whatever life presents, needs to be respected. Small things are easily found in something big, but inside little things there is often greatness.

Radiating The Right Energy (Part 2)

Whenever we perform an action, we carry an intention, which is behind the action. This intention as well as the action itself decides what the result of the action will be. E.g. You are on a train journey and you meet five different people on the journey and with everyone you have a different experience. It's like we pass positive or negative energy to them and they take the energy with them even after the journey is over. In the same way, we come across different people in all our lives in different births. Some people we spend more time with and some people we just meet for a few minutes and after that we don't even see them. All of them receive a certain quality of energy from us which gets stored in their consciousness. Even if they change physical bodies they do not forget what they have received from you on a sub-conscious level and at some point of time they will return what you have given them. This is the law of *karma* which applies to all our births.

No one can run away from this law and it does not require God's intervention also. God is a silent spectator to this law. **But what He does do is teach us how to live life and perform good actions and it is upto us as to how much we follow what He teaches.** A basic and fundamental principle of what God teaches is that we are all souls and our original qualities are of peace, love, happiness, purity and power. All actions performed in the consciousness of the soul and by being full of these original qualities are positive actions. On the other hand, negative actions are actions performed in the consciousness of the body and under the influence of the many vices and weaknesses that arise out of body consciousness like anger, ego, lust, greed and attachment.

(To be continued tomorrow ...)

Your inner wisdom is your best guide.

It comes from three places; experience, learning & intuition.

Experience comes from engaging with life,

Learning comes from observing, &

Intuition comes from listening to ourselves.

Take the opportunity at the end of the day to gather all three. Ask yourself: What was my life experience, today? What did I learn from others? What did my intuition say?

Tune into your inner wisdom & listen to gain valuable feedback, (note it down if you want) & recalibrate for the next day.

Message for the day

Methods of self-progress bring harmony with people.

Thought to Ponder: It is normally believed that people who spend time with meditation or prayer or any means of self-progress tend to cut off from others. In reality, it is just the opposite. Someone who really works for self-progress would want to contribute from what he has, to others too. Also, it would bring the ability to deal with others in the right way, bringing harmony.

Point to Practice: Today I will spend a few minutes with one thought "I am peace", spreading peace to the place and the people around me. I will remind myself of this from time to time. I will then observe my interaction with others. A small little change that I observe is enough to encourage me to continue with my efforts.

*In Spiritual Service,
Brahma Kumaris*