



## Don't Just Do Something

Something is going wrong, it looks like there is a disaster in the making, and chaos is emerging fast. In the West we say, "Don't just sit there, do something!" In the East they say, "Don't just do something, sit there!" Now why is this? Intuitively we know that unless it's a life threatening situation, wisdom lies in the Eastern approach, because sitting still in body and mind, even if only for a moment, allows us to discern the right thing to do. It is the difference between reacting and responding. It allows new intuitions to overcome old instincts. Watch for such opportunities today.

## Worry Confused With Concern (Part 1)

One of the most **incorrect beliefs** that we have acquired since childhood is that **to worry is to care, worrying is caring**. Our parents are the people whom we grow up with and are closest to in our childhood. As soon as we are born, in fact even before we are born, even when we are in our mother's womb, they start transmitting the energy of this belief through their thoughts and later on when we are physically present in front of them, through thoughts, words and actions; to us, which we catch, because we being a spiritual energy, not only transmit or radiate but also absorb energy. As we grow up, this false belief keeps reaching us from everyone on a subtle as level as physical level from whom we meet and are close to including our friends, siblings (brothers and sisters), spouse etc. and **slowly we start accepting this belief as being completely true and lead our lives according to it and even transmit the same to others**. That is why it is extremely difficult to find a single person today who does not live according to this belief or does not bring it into their daily lives to some extent or the other.

A very common example of the above belief which we all have gone through sometime or the other is when we are late by just a few minutes in coming back home from office. On reaching home, we are asked a thousand questions and by our family members, perhaps our parents or spouse or children about where we have been and why hadn't we bothered to call and also informed about another thousand negative assumptions they had made in that much time. Why? Because they had been worried for us. We are normally surprised with the fact they are worrying, because 9 out of 10 times we are late because of a not so serious reason, but our family members explain that we were worrying for you because we care for you. But worrying is not caring. **Worry is fear or anxiety and care is love or concern, they are two opposite emotions which can never exist together at the same time.**

**In tomorrow's message**, we shall demonstrate how on a subtle energy level, true love and concern is more beneficial than worry in coming out of negative situations, in which we find ourselves every now and then.

## Spiritual Sensibility

Sense is practical intelligence.

Some of it is learned, yet the implication is that we have an inbuilt idea of right and wrong that enables us to act accordingly.

Spirituality is about understanding the self and realigning our sense of self with how we relate to the world around us.

When we integrate sense and spirituality, we engage meaningfully with a spiritual sensibility.

## Message for the day

To celebrate is to bring about a positive change.

**Thought to Ponder:** Celebrations usually last for a day, but true celebration is to sustain the feeling and experience for a long time. When I understand and recognize the spirit of the celebration, I will be able to carry it forward into the days to come. Thus celebrations create a positive impact in my life.

**Point to Practice:** Today I will celebrate something that I have in my life. It could be the happiness of having the gift of certain relationships and exchange of values through them, or of having some special quality in me. Let me today experience and celebrate this gift and sustain it through the day. This is true celebration which will create a change for days to come.

*In Spiritual Service,  
Brahma Kumaris*