



Trulli, Italy

Simplicity

Complications seem to be an inevitable by-product of modern living. Simplicity gives birth to inspirations. Keeping my own mind calm and clear is the easiest method to sort out messy situations. Maintaining a balance of living simply yet comfortably, and only using what I really need of the earth's resources, I will always have abundance in my life.

Love And Suffering (Part 3)

When there is too much pain we cannot lean back into our true power and experience our energy of love. Only the power of pure love, unconditional love or love of God, can help us to get rid of the suppressed pain inside the subconscious. When you live through a situation that causes pain in you, you have to love yourself, stabilize yourself and enter into silence. Observe that pain without being afraid of it. Observe it to let go of it and understand what it is that it brings about in you.

The answer, generally, is connected with others: *He/she doesn't love me anymore and that's why I feel pain, Things are not like they were before, The company of this loved one doesn't give me the benefits it was giving me before.*

If a person loved you and now has stopped loving you, does that make you feel pain? Or is it your own expectation and your desire for that person to keep on valuing you or loving you like before that trap you in pain? Is it that you don't accept change? The truth is, we bring on suffering ourselves. If you don't want to make yourself suffer, starting from now you do not have to bear any more suffering. **Nobody can wound you or can cause you pain, except if you allow it.** So how do you allow it? By being a vacuum that sucks in everything of the other, the good and the bad, and you suffer. It is expectations from our loved one that make us vulnerable to the experience of suffering.

To have hope in the hopeless is real service.

When we see someone behaving very negatively, we tend to react negatively too. We think and speak about his negative qualities and further increase his negativity in our minds. This creates a negative environment which doesn't allow him to change for the better. When I come across someone who is using his negative qualities, I need to make special effort to give him that positive environment where he can get encouraged to use his positive qualities. Only then can I do the special service of bringing about a positive change in him.

Message for the day

Great actions make life worthwhile.

Thought to Ponder: To make actions great, I need to pay special attention to what I am doing on a daily basis. I don't have to do anything great or spectacular. Instead, my attention should not be more on what I do. Instead, it should be on how I do it. Adding quality to everything I do makes my actions special. Then I can really enjoy what life brings my way.

Point to Practice: Today I will remember my specialties before I start any work. I will make sure I will add that specialty into what I do. Even the way I sit or walk or see or talk can make a difference when I make my actions special using my specialty.

*In Spiritual Service,
Brahma Kumaris*