



## Que Sera, Sera

Resistance leads to persistence. Whatever you resist or push against simply persists and pushes back in equal measure. Instead, transform resistance into acceptance by practicing "Que Sera, Sera ... whatever will be, will be..."

## **Breaking The Cycle Of Negative Energy Exchanges (Part 2)**

The foremost method to break the cycle of negative energy exchanges with another person is one of **self-transformation**.

**The most basic level of self-transformation is that I don't react verbally to the other person with words.** But, I mention the negative energy received from the other, in the physical forms of negative expressions, vision, words and actions, to others and create an atmosphere of negativity and also give birth to negative perceptions of the person in others' minds. In such cases, damage occurs on a physical level and damage control has to be done later, which sometimes is too late to do, since relationships have already been harmed. This is because those who we pass on negative information to pass on the information received from us, to others and sometimes even to the person who seemingly harmed us in the first place.

**The second and little deeper level of self-transformation is where I not only don't react but I don't talk against the person to anyone, even to people who are close to me, but I continue to think negatively about the other person.** In such cases, damage is reduced but still happens, unknowingly and invisibly, behind the curtains of physical eyes and ears, as my thoughts and emotions are not completely under my control and they are led to a direction, which is incorrect as per the basics of spiritual wisdom – sometimes willingly and sometimes I do not want them to be led there but they go in that direction unwillingly due to a lack of inner strength. These negative thoughts and emotions do reach the other person on a subtle level, harming relations with that person.

**The third and deepest level of self-transformation is where I develop the power to change the quality of my thoughts and feelings as well.** I am emotionally empowered enough to remove the flaw (weakness) in my own character that was at the root of my reactions, so that what used to pinch me so much will not do so anymore. Also, relationships get protected by doing that, which is something each one of us desires. This is the power of accommodation and self-transformation in action, at its best and possesses the potential to stop negative energy exchanges with the other.

(To be continued tomorrow ...)

**Many of us have the option to work anywhere, anytime.**

Assess how you currently manage your tasks and how you could increase your productivity. Maybe you could prepare specific tasks that can be done online and offline. But be disciplined about maintaining your wellbeing and all your priorities, otherwise you might end up working everywhere, all the time.

So make working anywhere, anytime work for you.

### **Message for the day**

**To have desire for something good is to finish unnecessary desires.**

**Thought to Ponder:** When there is a desire for something good and elevated, all other desires get merged in that one desire. I start seeing opportunities to fulfill that desire. Since it is a good desire, there is benefit for everyone involved, including me. For example, just one desire of achieving something good and beneficial makes me forget everything else and work towards that.

**Point to Practice:** Today I will create a thought of what I want to achieve. I will then work towards it. I will also remind myself of this from time to time, so that I do not forget it. This will ensure that all my energy flows into it. All other waste, then finishes.

*In Spiritual Service,  
Brahma Kumaris*