



## Caring Heart

I express my care and concern by responding to situations with a cool head and to people with a warm heart. If I remain aware that as fellow human beings we are all part of one family, and that even the smallest of gestures can make a difference in people's lives, I am always blessed with a caring heart. It takes so little to show that I care yet it can mean so much.

## **Detached Observation – A Spiritual Skill**

Detachment is the basis of our ability to be positive and affectionate with others while we interact with them. This is what is known as commitment and the relationship of detachment and it begins with what is known as a spiritual skill: the skill of being a detached observer.

One needs to be a detached observer in two dimensions: one within and one outside:

The **inner art of detached observation** is the ability of separating ourselves from our own thoughts, emotions, attitudes and behavior. On **the external level**, the art of detached observation is the art of being witness to the scenes that take place around us. While we detach ourselves and observe how the game of life develops, without being active participants, we are able to see the *big picture* with greater clarity. That makes it easier to see clearly what role we have to play and where our contribution lies. We are creators, and our thoughts, emotions and attitudes are our own work.

In reality, detached observation is the first step towards personal strengthening. If we don't manage to detach ourselves from our thoughts and emotions, they will turn into our owners and will consume our energy.

## Mirror of your consciousness

Only in relationship can you know yourself, not in abstraction and certainly not in isolation.

The movement of behaviour is the sure guide to yourself, it's the mirror of your consciousness; this mirror will reveal its content, the images, the attachments, the fears, the loneliness, the joy and sorrow.

Poverty lies in running away from this, either in its sublimations or its identities.

## Message for the day

**When words are sweet, there is a positive impact.**

**Thought to Ponder:** Sweet words are like flowers, when given to others brings happiness and spread love. On the other hand, harsh words are like stones that hurt. Harsh words emerge when there is some weakness working within me. Harsh words means that in some way I am feeling helpless and am resorting to something which is not so constructive.

**Point to Practice:** Today I will not say anything that is not sweet. If a situation does arise where I have to say something not so good and nice, I will move away from there. Till I am sure that I will not speak such words, I will not come back to that situation. In fact, I will try and resolve that point in my mind so that I don't speak anything negative.

*In Spiritual Service,  
Brahma Kumaris*