



Spiritual Love

Just as a kite flies high, held only by a string, our intellect can rise to the heights of wisdom, pulled only by the thread of spiritual love.

Identify The Filters In Your Life

Like different types and different colour filters on a physical level; on a spiritual level, there are many different types of filters that work in our lives e.g. the jealousy filter, hatred filter, attachment filter, fear filter, greed filter, etc. and many more. **Due to these filters, we do not see people and things as they are, but as we are, because the filters are our own self-created ones.** If we want to see people and things as they are, we need to check which filters are working most in our lives. Each one of us has different filters working to different extents, depending on our personality e.g. someone might have the jealousy filter working more regularly as compared to the fear filter in his/her life.

Because of these filters, everything that we see is not only coloured by the colour of the filter we are using at that time, but our look is also biased as we choose what to see, what to give more importance, what to be affected by more, what to let through the filter etc. and what not to. We have and form a deceptive vision of the things and people that surround us inside our minds. And the longer this deformed vision lasts, the more we will convince ourselves that that is the true image of the world, because our filters continue to process new data depending on what they see that make the image stronger. **This reinforcing of the incorrect image builds up our database of incorrect beliefs based on different filters and makes them stronger and stronger as we go through our life journey.** Beliefs are fixed ways of looking at reality. Thus, the world that we perceive is no longer the real world, but a world created by our own mind. So in a way we become deaf and blind on a spiritual level towards the world. To heal this deafness and blindness, we do not have to remove each filter one after the other, which may become a difficult task; but we have to discover the pure, original internal self and start seeing everything without the filters, based on the pure-self point of view. As a result of that, gradually our incorrect beliefs start dissolving and correct beliefs start setting in based on our clean unfiltered view.

Why is the grass always greener on the other side?

Wanting to be somewhere other than where you are creates discontentment.

Think: Wherever I am, is where I am meant to be! This creates contentment.

Even if where you are, is not where you want to be, be content with where you are.

Then you'll create the best possible opportunities, to be where you are meant to be.

Message for the day

To see things with the right vision (third eye) is to ensure that I am not blind to the opportunities that life offers.

Thought to Ponder: Wisdom is to see what is not seen. When I only see what is visible to the two eyes, I miss out important details. To open the third eye of wisdom and see through to the reality of things is to create opportunities for oneself. Wisdom is to see benefit, positive and opportunity in everything. I need to give this training to the third eye.

Point to Practice: Today I will look at things differently. When something happens to me that I am uncomfortable with, I will see what positive there is, hidden in the situation. Negativity remains even after a situation is over, when I think negative about someone, myself or something. So today I will make sure I change my thinking to positive in these three aspects.

In Spiritual Service,

Brahma Kumaris