



Staying Peaceful

Desires cause peace to disappear. You think that acquiring things will make you feel secure, but the reality is that the more you have the more fear there usually is of losing it, and the further you are from peace. Desires are the cause of all conflicts. When you want something and cannot get it you become frustrated.

Learning to be free from desires is learning how to stay peaceful.

Crossing Negative Situations With Spiritual Power (Part 3)

Situations are to be overcome without them creating a deep influence on our consciousness. It is said that tolerate situations with pleasure and don't feel their pressure. Pressure of situations has a negative effect on our mind and that can in turn influence our thinking to such an extent that it's difficult to take away your mind and thoughts from the situation. Someone might say that since the last four days I have not stopped thinking of my argument with my office colleague or another one might say today I am low since the morning because I heard a very bad news of the death of my close relative. Isn't it almost like a natural instinct? If a situation is there I will feel different and that different is always negative.

So how do I train myself for a more right or more natural instinct of remaining positive? That will come over a period of time with experience and also practicing stability in every difficult situation we face. It's like a ship without a rudder, which can lose direction and drown in a rough sea. In the same manner, the rudder of spiritual power will enable us to cross negative situations with ease. It's also not about saying to yourself that I am powerful and then repeating the same mistakes of thinking negative. Unless power is filled in the soul through the technique of meditation, we will never change into positive thinking individuals even if we are very determined to become positive and remain away from the negative. **Power in the mind will also create positive *sanskaras* of faith, patience, determination, tolerance and stability, which will help us in any difficult situation and we will cross every negative situation with ease and lightness.**

Wisdom is power

We can be knowledgeable on just about anything, but when does knowledge become wisdom?

Knowledge is information. When we contemplate information, then apply and integrate that knowledge into our attitude and actions, it becomes wisdom.

Message for the day

The art of getting along well with others is to create harmony.

Thought to Ponder: To be good to people who are good to us is very easy. But the real beauty of life lies in knowing how to get along well with one and all. That means, I need to know how to empower my interactions so that I am able to get along well even with someone who is not so good to us. Just like notes of music which are different, I need to understand that everyone is different and I need to create beautiful music even in the worst conditions.

Point to Practice: Today I will see what I can do to get along well with one person whom I wasn't comfortable with. It could be some quality that I need to work on. It could be assertiveness or love or any other quality which will help me get along well with the person.

*In Spiritual Service,
Brahma Kumaris*