



Silence

There is a part of you that is perfect and pure. It is untouched by the less than perfect characteristics you've acquired by living in a less than perfect world.

It is filled with divine qualities, so is in a constant state of resourcefulness and well-being. Its total absence of conflict and negativity of any sort makes this part of you a Still-Point – a deep, enriching experience of Silence.

The Power To Transform Emotions (Part 1)

As with feelings, **when emotions are aroused, there are physical changes inside the body in the form of chemical and electrical activity.** In fact, **strong emotions don't just affect the body; they also have an impact on the soul.** When the soul suffers emotional trauma, from which there is lasting impact, the emotional trauma brings about an immense strain on the brain and body. Brain chemical production is likely to be affected, and there may also be feelings of depression and tiredness. But the real trauma at the root of these physical effects is at a deeper level within the soul itself, and the resulting emotional sensitivity will also arise from the soul.

e.g. I suffer a series of losses or setbacks in my business that causes a lack of confidence and self-respect inside me. A *sanskara* of low self-esteem is created inside. As a result I become emotionally unstable and sensitive. I'll show a tendency to react emotionally with extreme sorrow (may be in the form of depression) or extreme anger (sometimes in the form of an outburst) whenever there is a similar setback that touches this sensitivity. A person who has not suffered similarly in the past and does not have a *sanskara* of low self-esteem, and as a result does not have this tendency, will not react in a similar fashion under similar circumstances.

(To be continued tomorrow ...)

Generous heart

The qualities of love, mercy and generosity are known as having a big heart.

To have a big heart means to feel everyone belonging to you. A big heart flourishes with success in body, mind, wealth and relationships.

Those who have small hearts have to work hard and experience less success.

Those with a big and generous hearts are loved by all.

Message for the day

To be alert is to constantly have an attention to check and change.

Thought to Ponder: When someone is recording something, there is a constant attention to do the best. After a bit is recorded, they would recheck and see if everything is ok or if it can be better. In life too, we are trying to record the best. For each and everything that happens, when I have attention on myself, I can make it better each time. I just have to have the attention to check and then bring about the required change.

Point to Practice: Today I will pay special attention to the actions that I do. After the action, I will look back and see if I could have done it in a better way. Also, at the end of the day, before I go to sleep, I will look back at the day and review all that happened. This practice of checking and changing helps me to be prepared to face everything that comes my way.

*In Spiritual Service,
Brahma Kumaris*