



The Power of Co-operation

No matter how capable, talented, efficient or extraordinary an individual may be, without co-operation from others, no single person can develop their personal skills. Neither can we implement a task without the assistance of a parent, a teacher, or mentor. For example, an actor or singer needs musicians, producers and directors and especially an audience in order to express themselves successfully, despite their innate capacity for creativity and entertaining others. Being able to appreciate the contribution of others and being open to that influence always facilitates the fulfilment of task or a talent. It is said that even God – as powerful as God is– cannot accomplish a divine task without the assistance of His angels.

The Psychosomatic Effects Of Fear

The human being is psychosomatic by nature – what that means is that our health is deeply influenced by our behavior, thoughts, emotions and social relationships. Therefore, in order to experience good health, we should care for our life style, our mental, sentimental, emotional and relational world, as well as our communication. Fear is bad for our health. It manifests itself in the form of anger and promotes coronary diseases. Fear suppressed for a long time ends up producing diseases such as cancer. Apart from cancer and heart attacks, there are other illnesses brought on by fear: addictions, anxiety, arthritis, asthma, irritability, nervous breakdowns, memory loss, gastritis, back pains, baldness, diarrhea, sciatica, crying attacks, alcoholism, constipation, hypertension, cystitis (bladder inflammation), vomiting, palpitations, digestive disorders, ulcers and migraines.

When we get old, our neurons do not die, but rather the connections between them disappear, that is what recent scientific research suggests. The neuronal connections or synapses keep us lively and young. **When we have pleasant experiences, such as during meditation or when we are on a holiday or are surrounded by friends or while working in a team, some examples of activities in which we feel happy, the neuronal connections are more fluid.** However, the lights go out when we feel fear. It is an emotion that is capable of slowing down and blocking the electrical impulses between the neurons. With fear we are less creative and we get older more quickly. If we do not want to suffer illnesses (or want our illnesses to get worse) we should learn to manage and overcome fear.

To never get angry is a tall order for almost any human being.

So, when we see anger as failure, and we try not to be angry and fail, it is so easy to turn the gun on ourselves when our anger comes.

We blame ourselves and put ourselves down for not being able to control ourselves. Don't turn the gun in yourself. Don't give yourself a guilt trip. We spend our lives learning anger, so we are not going to unlearn all the beliefs and habits which create our irritations, frustrations and angers in a few days, or even a few weeks. (though some who really do 'get it' can change that fast). So be easy on yourself.

Healing the inner scars, forgiving ourselves, transforming those habits, are all aspects of this inner work, and they take a little time. Be patient, be gentle and merciful with yourself. And if you do decide you want to forgive and heal yourself, if you do decide you don't want to be a slave to others words and actions, if you do decide you want to be free of your negative feelings, one of the secrets is not to fight or struggle with those old habits. Accept them when they come, for whatever reason, and you'll be amazed how quickly the habit of those feelings is dissolved. All healing begins with acceptance, including the healing of our feelings.

Message for the day

To be a trustee of God is to use all treasures well.

Thought to Ponder: When I understand that all that is mine is truly God's, I can use all that I have sensibly. I would not want to waste anything that I have - not my money, resources, thoughts or words and actions. I would use all that I have sensibly as an instrument of God. I would also be detached, whilst doing everything.

Point to Practice: Today I will take up one resource I have, for example, the resource of thoughts. I will remind myself throughout the day that I am a trustee and God has given me these so that I can look after it well and use them for the good of myself or others. When I do this, I will not let negative or waste thoughts to come in.

In Spiritual Service,

Brahma Kumaris