



Good Feelings

Good feelings for others are like ointments that heal wounds and re-establish friendships and relationships. Good feelings are generated in the mind, are transmitted through your attitude and are reflected in your eyes and smile. Smiling opens the heart and a glance can make miracles happen.

Taking Responsibility, Overcoming Guilt (Part 2)

If there are people or situations that lead you to fall over the same stone i.e. they lead you to make the same mistake, which was committed earlier, again, **perhaps you will have to avoid them for a few days or a time, until you have strengthened yourself and have the inner security that they will not influence you.** This is not running away; it is wise knowing your weaknesses and knowing that to get into similar situations with the same people is only to repeat the same errors and to worsen your wellbeing and that of the other. Trust in yourself. You can overcome these mistakes and stop making them. It is a question of loving yourself and living. Out of love, you stop hurting yourself and hurting the other.

Crying over past mistakes, you don't mend anything. Open yourself to forgiveness. **Raise the level of your thoughts so that they don't keep you in a state of sadness and loss of hope.** Don't allow your inner judge to sentence (punish) you each time that you act, since that way you won't feel free. Your judge that you carry within makes your life bitter; however, it is you that gives this judge the capacity to exist. **If the inner judge is in harmony with our conscience, it is good, because it wants to protect us.** On creating guilt it warns us that we have broken a rule of our code of beliefs, values or behaviors. It alerts us to the fact that we are acting against something important of ourselves. At those moments it helps us to observe and question what is real, true, important and even sacred in our life and for us.

(To be continued tomorrow ...)

There are no justified resentments.

To resent someone is to fall under the illusion that they are the cause of our suffering.

No one can die from a snake bite. It's the poison that kills them. You may receive the poison of another's words, or even just in a glance, but you don't have to absorb it or allow it free passage through the veins of your consciousness.

The consequence of not absorbing the poison of others is you never experience enmity towards others. And people notice when you have absolutely no enmity. It draws them close, it empowers them, it builds trust, it enables harmony to break out! It is only because the lion has no thought of killing the lamb that the lamb feels able to come so close.

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Message for the day

To recognize one's own uniqueness is to respect oneself.

Expression: To have respect for oneself based on other people's opinion or situational achievements is to have respect temporarily. True respect for the self is based on the recognition of the fact that every individual is unique with its own set of unique capabilities. This understanding enables one to see one's own uniqueness without being influenced or without comparing with others.

Expression: When I know to recognize and appreciate my own uniqueness and respect myself on this basis, I am able to be free from ego or a feeling of inferiority. I am also able to recognize naturally the uniqueness of the other person and respect him for it. Thus I am able to win the love and respect of others too.

*In Spiritual Service,
Brahma Kumaris*