



The Value of Positive Focus

To change the focus from negative to positive is to create hope. Our normal conversations and interactions are full of negativity, whether we are aware of this or not. So without our conscious knowledge, we develop a negative approach to life. It is important for me to be aware when my conversations with others becomes negative. I need to make a conscious change to start being more positive, and appreciate what life gives me. So much good in my life goes unnoticed. When I focus in the positive it creates an environment of enthusiasm for the future that affects everyone around me.

Overcoming Possessiveness And Complexes In Close Relationships (Part 2)

In yesterday's message, we talked about ailments like **possessiveness** and **complexes** existing in our family relationships today. Today we explain how meditation can cure these ailments with much ease. As I practice meditation, which is nothing but a practical exercise of experiencing soul consciousness, I carry that experience into my relationships. While interacting with each one of my closest of relations, I start becoming aware of myself as an eternal soul, an actor on the unlimited stage of the world, playing my act through the physical body costume and I see each one with the same consciousness. Also the realization grows that the role I am playing with others now is only one small part of the whole painting of life. I don't know where I was, in which part of the painting and with whom, before I took this birth, nor where I will be afterwards. The same is true for those with whom I am close. Depending on the type of relationship, I do have a particular responsibility towards each one of them whilst we are playing our parts together, but this only lasts a short time within this eternal timeline e.g. as father and child, each has a particular role today, but who knows about yesterday or tomorrow?

In meditation, I stabilize in the consciousness that I am an eternal soul, and that all human beings are souls, members of a huge spiritual family. Roles will change, but as souls, we only have an **unlimited spiritual relation**, we are brothers, but have no other **permanent** physical relation. **Becoming aware of this spiritual wisdom protects me against limited feelings of my mother, my husband, my sister and so on, where such feelings cause possessiveness and a desire to control, rather than pure spiritual love filled with equality.** All problems are reduced in relationships, when the personality trait inside me that tries to control others, or is controlled by others, is removed. Both of these are negative behaviors, caused due to lack of inner security, not true responsibility or concern. **By knowing myself as a soul, my self-respect returns and by seeing others in the same light, my respect for others returns.** From this strong soul-conscious spectator point, there is an inner detachment (but not a lack of love) inside me and I'll no longer feel a need to manipulate others or be manipulated by the other, but instead I will radiate pure feelings of genuine love, care and respect into my relationships. This causes the same energy to come back to me from my relationships.

Inner Strength

The expression will-power is often used to refer to our ability to put into practice the ideas we know to be for our well-being and to resist actions which are harmful. This is directly related to the soul's intellectual strength. When we speak of weakness or strength in the soul we are referring to the intellect. In the case of a weak soul (one with lower will-power) it is almost as if the intellect plays no part in determining which thoughts arise in the mind, but they come as if pushed by the sanskaras (mainly in the form of habits) or are triggered by the atmosphere around or the moods of others. On the contrary, a powerful soul (one with higher will-power) enjoys the experience of its own choice regardless of external stimuli (influence).

Rajyoga meditation develops the intellect to such an extent that this degree of control is possible. A practitioner of Rajyoga meditation can be in the midst of a situation of intense disturbance, yet remain so unshakably calm that the inner strength becomes a shelter and inspiration to others lacking in that strength. The weak soul is like a leaf at the mercy of the storm, the strong one, a rock in the face of a rough sea.

Message for the day

To donate virtues is the greatest donation.

Expression: To donate virtues means to express virtues through one's own words and actions. There is some or the other value revealed through all words and actions. The ones who constantly have the aim of donating virtues naturally bring benefit to all they come into contact with. No one would go away empty handed from such people.

Expression: When I constantly have the aim of using my virtues I have the satisfaction of giving continuously under all circumstances. I also find my own treasures of virtues increasing and I find myself richer and better than what I was. Thus I experience constant progress in my life.

*In Spiritual Service,
Brahma Kumaris*