



See Only Virtues and Specialities

An ant is tiny beside an elephant but as soon as an ant enters the ear of an elephant it goes crazy. The elephant's ears are so big, the elephant itself is so big and yet a tiny ant makes it go wild. In the same way, if I allow the slightest defamation of anyone go through my ears, I lose all my spirituality. I lose all my value because I start interacting with others on the basis of what I have heard about them. Pay attention to this! We have to be very, very selective in what we allow to enter our ears. Let me learn to see only virtues and specialities. Let me not concentrate on anyone's weaknesses.

Rising Above Limits

From the moment the soul has occupied the physical body, it has been living a life completely surrounded and absolutely controlled by limits. The domination of these limits has been increasing as it has taken body after body. Not just physical limits such as of gender or power, money or material possessions, but of time – the time I spend with my children, the time it takes me to finish a particular task, the time my friendship lasts, the time it takes me to drive to the office, etc.

The beauty of meditation is that it detaches me from the consciousness of the body and as a result I rise above these physical limits and limits of time. I experience the **pure** and very importantly, **free** and **independent** consciousness of the soul. I step out of the boundaries of both space and time. I begin to feel my own eternity, in which I simply am, without a beginning or an end. I existed before the formation of the body and I shall exist after it has returned to dust. **This awareness of my eternal (with no beginning or end) identity is powerful, because it removes the fear of death.** With that goes away a lot of the ego-driven, pressure filled behavior, the desperate need to make a mark through my profession or material objects which I own or in my relationships. This is the behavior in which I indulge when there isn't the realization of my eternal identity.

I, the soul, become aware of continuity to my existence. Very importantly, **I am also able to have the feeling of a place that is my eternal home, a place of rest, of peace, of complete stillness and silence.** It is my place from where I began my journey. I exist in that home, and I come from that home to play my role on Earth, and I return there when my role is completed. This realization makes me internally full, fearless and content.

Finding Solutions

When faced with problems it can seem difficult to maintain inner cheer; the mind gets caught up with more and more negativity, fear or worry. Because of this, the problem seems bigger than it is and we lose the ability to find solutions and work constructively. The first step I need to take when I recognize a problem is to smile to myself. When I make sure I am happy within, I know that every situation will pass and has something to teach me. Then I will find solutions come more quickly and easily.

Message for the day

To be accepting means to give a chance to the other person to change.

Expression: When someone makes a mistake there is usually a feeling of guilt and a lot of negative feelings. At such a time if there is understanding and love, it helps the other person bring about a change. There will be always an environment of positivity provided by the one who understands and accepts. So anyone in this environment can bring about a change with great ease.

Experience: Only when I am able to accept can I bring about a change in the other person. When I accept I am able to see what the other person is lacking and provide him with it. So I am actually giving the other person a chance to change. Also when I accept others and understand them, others too are able to accept me and love me as I am. I find my relationships becoming more and more beautiful.

*In Spiritual Service,
Brahma Kumaris*