



Personal Change

When you do not upset yourself thinking about how others must change and instead you concentrate on your own change, good things start to happen. First, you will feel better about yourself. Second, you will start to have positive feelings towards others and start to understand them. Third, others start having a more positive attitude towards you. There are many hidden benefits in personal change.

Applying The Law Of Balance To Anger (Part 1)

We are all very much aware of the law of gravity. It keeps us grounded on the earth. Gravity ensures everything returns to a state of balance. This is the law of balance on a physical level.

The law of balance can also be applied on a mental and emotional level, to the emotion of anger e.g. **Too many angry thoughts of revenge and animosity (hatred) inside our consciousness can emerge in two ways:**

a) either externally as toxic, violent behavior, which will attract toxic, violent responses from others, **or**

b) if these thoughts are kept bottled inside, they will eventually, after a period of time, emerge as some disease or the other in the physical body. This is because our consciousness then tries to find a way to get rid of the mental impurity, which enters our physical body and restores balance to the mental and physical system, which has been upset due to the creation of the toxic thoughts, in the first place.

The above e.g. is an application of this law on a micro level. We can apply this law of balance on a macro level, on the world at large, where we watch groups of people, even countries exchanging negative energy. We shall explain that in tomorrow's message.

(To be continued tomorrow...)

Know Yourself

Only in relationships can you know yourself, not in abstraction and certainly not in isolation. The movement of behaviour is the sure guide to yourself, it's the mirror of your consciousness; this mirror will reveal its content, the images, the attachments, the fears, the loneliness the joy and the sorrow. Poverty lies in running away from this, either in its sublimations or its identities

Message for the day

To appreciate all scenes of life is to remain happy and cheerful.

Thought to Ponder: Every scene in my life has a reason and I need to appreciate that reason. Each scene is an opportunity to express my inherent talent (some quality of mine). If I do not use that quality which I need to use in that scene and slip into some negativity, I have lost the opportunity to act out well in that scene and missed out the joy of my role in the scene. So, I need to ensure that I enjoy every scene of life beautifully.

Point to Practice: Today I will remain happy. Happiness is a choice and I choose to be happy. Everything that is happening has a reason - I understand and appreciate that reason. So, whatever happens, I choose happiness. I understand that there is no meaning in all that I do, if I don't do it with happiness.

*In Spiritual Service,
Brahma Kumaris*