



## Cripple Effect

What goes around comes around is not a new insight. It is something most of us intuitively know but easily forget, as we attempt to hold on to most things which come to us. What we don't realize is the ripple effect can easily become the cripple effect. Everything we think and do not only ripples out into the world, it also creates an impression on our own consciousness inside. If one day you decide to get really angry (very unrelaxing) at someone, then you create a memory of your irritation and carve a kind of scar or groove on your consciousness (non-physical of course). Within this scar or groove is a recording of the image of the person as you have decided to perceive them, and the energy of your anger surrounding that image. Remember, you put it there, not them. Two days later you see the same person and that triggers the image and the anger which you have already recorded within. The emotional turbulence inside your consciousness makes it very hard for you to remain positive, connect and communicate effectively, positively and harmoniously with them. In effect you are crippled and clouded by your own emotion. Most of us experience this, sometimes many times a day, but refuse to see that we cripple ourselves, preferring to blame the other person. Which is why we can stay crippled for a long time and not even realize it.

## Peace And Love - My Original Nature (Part 1)

Life for all of us is full of many different type of situations which at times cause emotions of anger and ego inside us. **Both anger and ego negatively affect relationships. So all of us at times should make the silent effort of keeping them away from our life situations and remaining calm and peaceful.** Many times with some of our family members or friends or even in some other unimportant interactions, we are tested by these two emotions. In other words, it is very easy to become angry in such situations. It is upto us to take care that we use our inner resources of peace, love and joy and use them to give others the same experience.

There is lots of research in the world in the present time how anger is harmful for our health. Illnesses like blood pressure, heart attacks, insomnia and back aches and other problems like digestive disorders are caused by angry outbursts. People indulge in such behavior very commonly in their families or elsewhere. Also, there are some viewpoints in the world that a little bit of anger is good and it gives an adrenaline rush. It is also seen that there are some people who believe that ego makes you powerful and helps you to become successful. Also some people feel that anger increases your efficiency because it helps work get done many times. But all of these are wrong beliefs and in **fact the truth is that ego is weakness and instead of helping you get respect, you lose respect with it. Also instead of anger helping you get love and co-operation from people, it makes you lose it.**

(To be continued tomorrow ...)

## Trust

If there is the thought that we can do things ourselves without other people's help, it means that we have arrogance of our own potential or we are not able to have trust for others. This lack of trust doesn't allow us to use others' potential for the benefit of the task. So we are deprived of a very useful resource and we will not be able to be happy. We need to understand the fact that there is greater success in cooperation. It is much more useful to invest our time and resources in training and developing others' potential. This brings about the best from people and so there is a greater contribution and hence greater success in every task that we take up.

### Message for the day

**To transform the self means to receive blessings.**

**Expression:** The one who brings about transformation in the self-learning from all situations, attains victory constantly. He will naturally be able to take the learning from all situations and move on inspire of negative situations. He is also successful in his relationship with others, as he knows to mould himself.

**Experience:** When I am able to bring about transformation in myself according to time, without just expecting others to change, I am able to get the love and good wishes of all. Because of the ability to mould myself, my thoughts too would be easy and light.

*In Spiritual Service,  
Brahma Kumaris*