



## Spirituality in Daily Life

Spirituality is not a luxury, something for people who have nothing else to do but sit around and meditate. In fact, it is the lack of spirituality in daily life that is causing the breakdown and destruction of our planet and our civilization. As we restore spirituality we can find methods of working together to create better selves and a better world. Thus we can see, looking at our global relationships, that spirituality is an integral part of life.

### Peace And Love - My Original Nature (Part 3)

Many of us sometimes use anger as a weapon in what we sometimes call controlling people and we forget that it is not possible to control people, but it is easy to influence them. **Influencing people is always easier and that can take place with peace and love and keeping good wishes.** Also, looking at people with positivity and having a vision for them that they are good helps to make them do what we may expect them to do. Also, being humble and kind-hearted will make people respect you and do what you desire or bring any change that you desire much more.

Always remember we are inherently peaceful and loveful souls and as we come in the cycle of birth and rebirth we lose these qualities and start becoming full of desires of different types. **Expecting or desiring a certain type of behavior from someone else is the root cause of all forms of anger. Also, desiring a certain type of situation, as per our liking is another cause of anger.** Both these desires, when not fulfilled, make us irritated or upset or even violent in some cases. On the other hand, accepting situations and people with ease is possible for those who are full internally, with different qualities and powers. These qualities and power come with the help of spiritual knowledge and following a path to bring the spiritual knowledge in your life. The more spiritually strong we become, the more we are able to remain above changes in our life which are not as per our liking. Also, we remain stable when sometimes people close to us are behaving in a way, which is different from what we think is right or preferred. Also fulfillment on an external level can sometimes make us egoistic. On the other hand internal fulfillment of different qualities makes us humble and very uncomplicated in our dealings, a behavior which satisfies people easily.

## Love

Love is the strength that gives you life. When you receive love you lose fear and you can give the best in you. The practical form of love is respect. Respect means acceptance of the fact that we are all different and unique and at the same time, we all have something important and valuable to share.

## Message for the day

**To be elevated is to perform every task with understanding.**

**Expression:** To understand means to know what to do. So the one who understands and performs the task with this understanding, surely performs only elevated tasks. No task is negative, or waste. Nor are actions ordinary, but each and every action is special because there is clear understanding. Others too get inspiration from such actions.

**Experience:** When there is clear understanding of what I have to do, I am able to do what is right. So in this process, I find that there is a lot of time and energy saved and I am able to move forward very easily. I find that I am able to use my speciality in the right way bringing benefit to myself and others.

*In Spiritual Service,  
Brahma Kumaris*