



Artist: Dorina Costras - Saint Etienne - France

Manage Emotions

When the energy of our consciousness is out of our control – the mind is agitated. We are being emotional. The solution is to detach from the inner storms, stand back and observe the hurricane pass. Detached observation withdraws the energy which your emotions require to sustain themselves. When you watch your own anger, it dies. If you don't detach from it, and observe it ...it will be your master.

Accept Change, Don't Resist It (Part 3)

With reference to yesterday's message, the third power shared by the Brahma Kumaris to the businessman was the **power to let go of all the memories of past negative events**. He was advised to take out time to indulge in pure service - share all that he had learnt at the Brahma Kumaris with one person every day. He made a principle of his life called *Each One Teach One Each Day*. This became his hobby. All the past negative incidents that were reducing his ability to perceive positively a negative situation and accepting it were pushed back and forgotten. He became a new person, from one with a negative past to one with a fresh mind eager to fill new positive experiences in itself. This would help him in crossing an uncertain present and constructing a positive future.

Also, another power to achieve success in the change of perception and then accept was the **power to think correctly based on beliefs based on spiritual truths**. E.g. the belief - *I will be unable to emerge victorious over this negative event in my life* was replaced by – *Every negative situation is a blessing to achieve significant transformation in the self. This is not possible without the existence of the negative event*. These spiritual truths were a part of the complete spiritual knowledge of the Brahma Kumaris which is in the form of a week-long, an hour per day, introductory study course. This course was undertaken by the businessman.

The last power was the **power of an everyday morning input of holistic and pure knowledge** after the week-long introductory course was undertaken. This was taken at the centre of the Brahma Kumaris, which as discussed earlier, went a long way in creating a positive environment inside his mind. It was an environment full of positive perceptions. As a result, negative circumstances became easy to face.

Positive Aspect

When someone relates something to me about another person's negativity, I tend to listen to it with great interest. I then find that the other person is greatly encouraged to speak about it. But such waste talk is not really useful for anyone and I find that there is no solution for the problem at hand. When someone is talking about the negativity in another person I need to question myself if listening to this is of any use to me, or if I can do anything about the situation. If I cannot do anything I need to remind myself that there is no use listening to such waste talk. Instead I need to make an attempt to look at the positive aspect in the other person so that the other person can see that too.

Message for the day

True knowledge brings humility.

Expression: True knowledge inspires and encourages one to bring about a practical change in one's life. The one with knowledge naturally imbibes it, which is also revealed in his practical life. This is because he is humbly willing to learn from all situations. As much as there is knowledge, so much there is divinity and elevatedness revealed in all words and actions. Also such a person keeps learning from all life's situations.

Experience: To have the ability to learn from all that life brings is to have love for knowledge. Since I have love for knowledge, I am able to experience self-respect. This self-respect gives me the humility to accept situations and people as they are and keep learning. So whatever the situation or whoever the person I come across, I only find myself enriching myself and moving forward.

*In Spiritual Service,
Brahma Kumaris*