



Apricots, Hunza Valley

Think First

Every action has an equal and opposite reaction. Whatever I do, when all is said and done, I do for or to myself. Perhaps I should think before I perform actions because after the seed of action is sown I have to reap the fruit. Moreover, I do not receive only one fruit for every seed sown, I often get a whole crop, good or bad according to the action or seed.

Experiencing Spiritual Growth Through Group Interactions **(Part 2)**

As explained in yesterday's message, **if you are living in isolation you don't become aware of the dimensions of your ego and, therefore, you cannot overcome it.**

Also, the beauty of group interactions or being a part of a spiritual community or any other group, is that in groups, various powers like **the power to:**

- adapt and mould oneself with people of different personality traits and as different situations in the group demand;
- tolerate;
- face negative situations in interactions;
- forgive and forget;
- become a detached observer of situations and people's actions, not to get over involved, in order to maintain one's stability and calmness;
- co-operate;
- communicate;
- see and absorb only specialties of each one (inspite of obvious weaknesses being visible) and spreading the specialties (not weaknesses) to the others in the group, by way of praising and not criticizing them;
- listen, understand and empathize;
- discriminate and judge different situations and people;
- go into inner silence, whenever required, amidst the actions and interactions of group activity;
- show respect to each one and remain in self-respect;
- remain content or satisfied and make the others content; etc.

are absolutely necessary to experience success in the groups, either within the relationships with others or even with the self. There is a difference between experiencing success with the self while staying alone and within a group. By bringing the above powers into practice in a group, they increase further inside us. This does not happen in isolation, or if it does, then the extent is quite limited. So basically, being a part of a group, brings about greater spiritual growth and empowerment.

Healing inner wounds

The deepest wounds we all carry are locked in our subconscious (out of our awareness). Deep memories and subtle impressions, from unfinished experience, rooted in the past. The pain from those wounds comes to revisit, to block and paralyze us in the moment called now. We all know it comes without warning - "Why am I feeling this way, I didn't mean to do that, I don't know what made me say that." Healing does not mean finding and treating every single inner scar which send it message to haunt us. It means going even deeper, past those wounds, beyond those distant memories and recording of unfinished business, to the core of our self, to the heart of our spirit, where we find the light and warmth of our own core qualities of love and peace. They are eternally present within us they are what we need to heal all our inner wounds. That's why this kind of deep healing is called spirituality and not therapy.

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Message for the day

To do what is right for all is to remain happy.

Expression: The one who is always concerned for others is the one who can do right for others. There is constant benefit for others merged in every action of such a person. Because of having given without expectation, there is happiness in everything that is done. There is also uniqueness and speciality revealed in every action.

Experience: I experience double benefit, because there is happiness in the effort as well as in the result of that effort. There is constant success experienced by me. I am also able to receive the good wishes and blessings from others and I further get encouraged to use my speciality. So I constantly experience progress in my life.

*In Spiritual Service,
Brahma Kumaris*