



Real Love

The problem nowadays is that love is interpreted on a gross level. Just as many people are attracted to the size and glitter of a fake diamond, so are they swayed by false, superficial love. There is no value in either. A real diamond is often quite small, but it is flawless. That is where its value lies. Real love is like a tiny diamond: it is not flashy and it is without a single flaw. Real love is one hundred percent pure. There is nothing artificial mixed into it. It is clean. There are no ulterior motives in real love.

Limiting Influences On Your Decision Making Ability (Part 2)

With whom does the choice to make your decisions lie? Are you going to be dominated by your fears and others' negatively powerful influences, which paralyze your judgment power and confuse you sometimes or are you going to exercise your choice? **When someone dominates you, they control you and make you feel irritated, frustrated and weak; they satisfy their own ego like that by controlling you and bringing you under their influence.** You need to decide if you are comfortable being a victim of the other by being the one who satisfies the egos of others. It is not a very healthy attitude, on their part, but it happens in many relationships and we fall prey to that, because of a lack of spiritual power. Get back your personal ruling and controlling power and do not be afraid to be free and responsible for your choices. From today on, promise yourself that you will not allow your husband or wife, or children, or your friend, or mother-in-law, or your office colleague, anybody for that matter, influence the power of choice, the power to decide, that you possess. In the end, that way they will be happier; perhaps not at first, because a power game is created. Your personal freedom will lead to a healthier relationship, in the long run. **Its fine to take an opinion or a viewpoint or support from someone, but there is a fine line between that and being controlled by someone, which we, many a times cross, and become a victim.**

You are free when you take responsibility for what you are and how you feel. In meditation you can realize everything that has influenced you and know how to clear it, so that only the highest, the most positive influence you. This depends on each one of us. In our present society, there are many influencing factors, from the most negative, violent, corrupt and mediocre, to the purest, highest and most spiritual. It depends on each one what you want to consume and allow to be influenced by.

Beauty within

We should have courage to work on the self is to find the beauty within. Situations come that challenge one's own strength. At such times the mind tends to become weak displaying weaknesses. Then there is no courage to look within. The one who is able to be introspective at that time is able to find a new learning. He is thus able to express the beauty that is lying within. When we understand that at each step of our life, situations come to bring out some quality from within, we'll never be afraid of situations. we'll have the courage to challenge our own assumptions and move forward based on the learning that we get and the beauty that we have been able to discover.

Message for the day

Love creates the right environment for others' positive growth.

Expression: Where there is love, a natural environment for others' growth is created. Love gives the ability to perceive the positivity in others and gives the encouragement to others to bring about that positivity and use it for the benefit of the self and others.

Experience: When I have love for others, along with perceiving their specialities, I am also able to recognise and use my specialities and inner powers more and more. Knowing and using these specialities is naturally for the benefit of those around me. This gives me an inner experience of power which makes me a constant giver and a support for those around me.

In Spiritual Service,

Brahma Kumaris