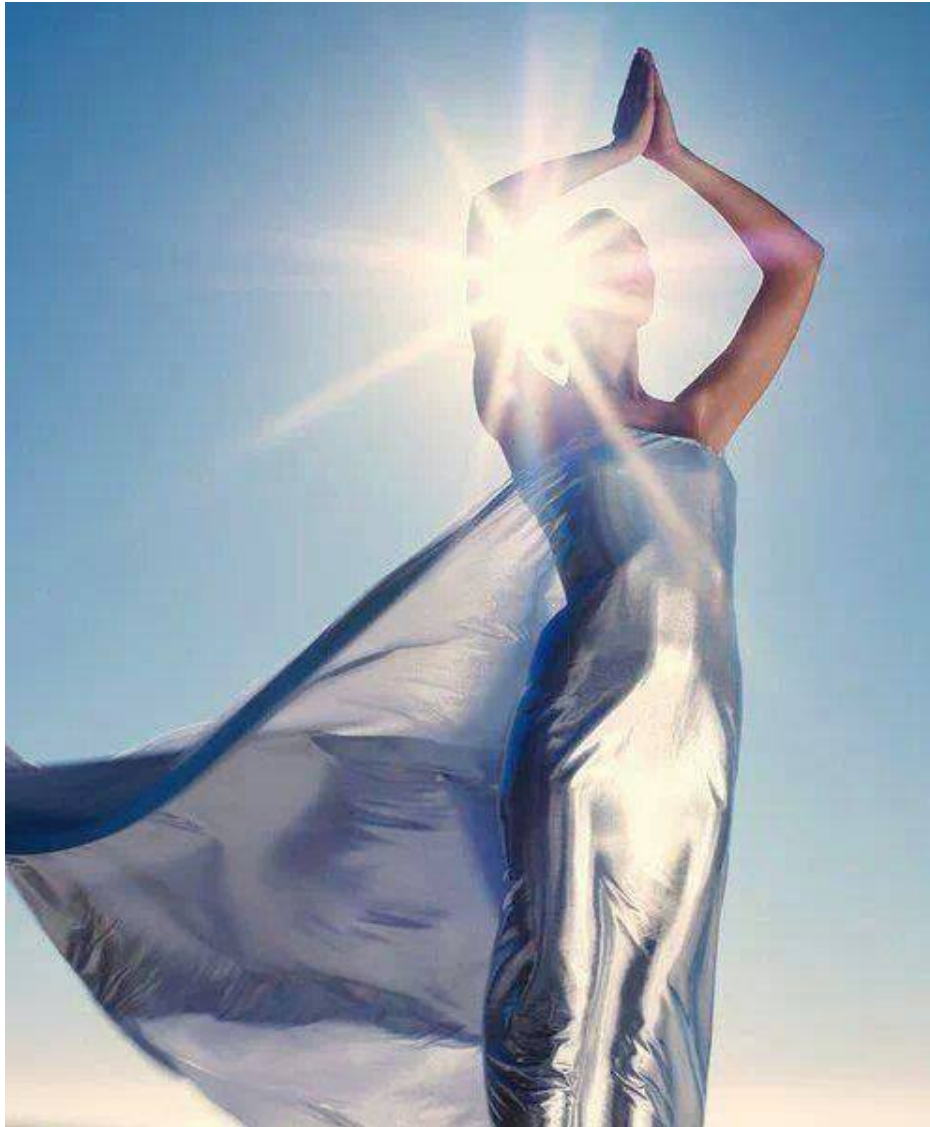


Today's Thoughts: February 15, 2020: Equanimity



## **Equanimity**

In the face of:

Compliments & insults;

Regard & disregard;

Profit & loss;

*Maintain Equanimity.*

## **Overcoming Possessiveness And Complexes In Close Relationships (Part 1)**

We are all aware and we all experience also that close knit family relationships are a constant source of happiness and love. But these relationships, many a times, also possess the capacity of bringing along with this love and joy, many different negative shades of **possessiveness and domination**, and **complexes** and **dependencies**. These are widespread ailments existing in our family relationships today, but which can be cured. Meditation is a very positive healing process which can cure the causes of these ailments, which exist inside the human souls. Once the causes are cured through meditation, relationships become extremely healthy, which provide the self from others and from the self to others, only and only positive energy, in the form of positive and empowering thoughts, feelings, words and actions.

A common sign of these diseases is lack of respect for people close to us. As a result of a disrespectful consciousness, we sometimes behave with our nearest and dearest ones, like maybe our spouse or children or siblings (brothers or sisters) or parents, in such an offensive manner which we normally never and would not ever even think of showing towards people with whom we are not very close. It's not just a question of mannerisms, but of inner respect for the other. **So often in families, a particular fixed order in relationships, positions of higher and lower, positions of senior and junior, become established, leading to feelings of superiority and inferiority, the effects of which start penetrating in the relationships** e.g. the mother-in-law is very dominating and takes it for granted that she will be listened to by the son and daughter-in-law. Or an older brother or sister orders around a younger sibling, not giving him/her enough space in which to speak his or her own mind and express himself/herself, leading to an inferiority complex in the younger sibling. Or a wife is extremely possessive of the husband, not giving him enough personal freedom. **Once established, these behaviors become permanent *sanskaras* and tend to be carried with us through life, so that even when we have left the original family relationships and circumstances in which these behaviors existed, we bring the same personality traits into our new relationships and circumstances.**

(To be continued tomorrow ...)

## Soul Sustenance

### A Journey To Happiness Or A Journey Of Happiness (Part 3)?

It is said that the power of love can move mountains. We need to look at resources like love that exist in the universe, in our relationships which can uplift our spirits and reduce the tightness that exists due to unfinished tasks and objectives. It is said that any type of intoxication can reduce our stresses and make us optimistic in times of distress. Love is one such type of intoxication and here love can range from the love between two friends to that between a mother and her fledgling (young) child. Love can also be spiritual i.e. the love experienced from a strong relationship with a deity or God. For some even love for the self, nurtured by giving time to an art, music, a sport, a good book, a hobby or a meditation, can be energizing and liberating. For another set of people, love for a figure head who may be a politician, an entertainer, a sportsman or an actor can be an uplifting power.

**So instead of becoming subservient (under the influence of) to time, instead of saying that *time will tell and time will heal*, let's use the power of love to remain satisfied to the core in the present.** Life is full of so many beautiful relationships (a few mentioned in this message) and the different shades of love that each relationship provides. By emerging these different shades of love in our consciousness at different types depending on the situation scenario, the clouds of unfulfilled expectations or expectations that are to be fulfilled sometime in the future (but uncertainty regarding them exists); will disappear. **A roller-coaster life ride full of the rises of *will happens* and the falls of *will not happens* will get replaced by a smooth train ride in which you constantly experience the breeze of satisfaction and joy to the fullest.** So do tap the power of love and enjoy every moment without losing focus of your aspirations (goals). This is the method of experiencing true happiness and this is our experience here at the Brahma Kumaris. So do give it a try!

## Message for the day

**When you look at the specialities in each one you can easily cooperate with others and receive their cooperation.**

**Contemplation:** Each and every individual has something special. If you make the habit of seeing these specialities, you will find that others are able to relate to you with these specialities and you can easily get their cooperation. You will also be able to cooperate with them easily.

**Application:** Think of one person you are not able to cooperate with. Now think of one speciality of that person. Make sure you relate to this speciality whenever you come into contact with this person. As you continue this practice you will find your negativity vanishing away and cooperation becomes easy.

**Make time to create the moments you need for silence.**

To create a time of silence takes just a second.

A second is a drop of time ... a drop of time through which I step to renew myself deep inside.

So I stop, for a second, and say to myself, "Now I shall go inside." In the space of a second, I pass beyond all the muddle and find myself in my original state of peace.