



Artist: Joseph Banuat : Butchart Gardens

### Seeds

Thoughts are like seeds. When they are strong and healthy, words and actions are likewise.

## Seeing Positivity

When there is regard for each and everyone, others' specialties are easily visible. There is appreciation of each one's specialties. This appreciation creates a good feeling in the other person. And with every interaction the other person continues to bring transformation. I am able to recognize specialties in others when I have regard for them. I am able to see the positivity even when their negativity is being expressed. This naturally brings transformation in others and of course I find my intellect too changing to the positive, because of a long time of practice of seeing positivity

## Self Empowerment

To strengthen the self we need to realize and review our weaknesses or those aspects of life that are holding us back in some way and/or are causing us some sorrow or discomfort. The next step is to use techniques of meditation to remove these weaknesses.

**To know your weaknesses**, perform the following exercise:

- A. Remember the negative times in your life, when you experienced failure. What was the common weakness present in your behaviour at those times?
- B. What are the negative or destructive trends in your behaviour because of which you or others experience pain or sorrow?
- C. Sometimes certain traits or behaviour of others can arouse a negative response in us. What is that negative response?
- D. What are you most frightened of?
- E. Now review your answers and summarize. What are your three main weaknesses?

## Soul Sustenance

### Concentration

The understanding of the self as a soul is the foundation of all spiritual experience. If you have practiced some form of meditation before, it is likely that you were asked to concentrate on a flower, a dot on the wall, the picture of some great saint, a candle flame or maybe even to endlessly repeat some words, which sometimes, are little understood. To concentrate, I must have a focus that is certain and easy to visualize. In Rajyoga meditation, as taught by the Brahma Kumaris, very simply and naturally, I, the soul, on the wings of my thoughts fly to my eternal and highest home – *paramdham*, *shantidham* and experience my original virtues.

As I begin to practice soul-consciousness, I learn to detach myself from the diverse and difficult situations around me and turn naturally to my home and concentrate on the Father of all souls who resides there. The mind becomes automatically controlled by this flow of peace. With the fundamental understanding of the differences between soul and body, the spiritual and the physical, I begin to meditate.

### Message for the day

#### To have hope means to have a chance for success.

**Expression:** When we encounter failures, we sometimes get so disheartened that we lose hope in both the situations and in ourselves. Instead of seeing the obstacle that comes our way as a turn, we see it as an end and give up trying. So we lose out on our chance for success.

**Experience:** Even when things don't seem to be working out right, we must never leave hope. To leave hope means to rule out our chance for success. When we have hope we will keep thinking of new ways for success. We will then surely get cooperation from somewhere or the other and we will be successful.

