



### Thought Diet

Why not make your mind healthier and go on a thought diet!

Cut down on all those unhealthy negative and wasteful thoughts that offer no nutritional value. Start feeding your mind with positive healthy thoughts.

Here's our suggestion for a balanced diet for the mind:

For vitamins, have creative ideas.

For proteins, think powerful thoughts about yourself.

For carbohydrates, have good feelings for others.

## **Silence**

Am I comfortable with silence? Or does the mind get fidgety when I am physically silent and bring up questions and uncertainties related to my life and relationships? Silence to some is boring and unproductive but that depends on my thoughts. I have two magical tools in hand: the mind and intellect. When I teach both to work in synchrony, I create for myself unforgettable experiences of empowerment, love, wisdom, compassion, forgiveness, far-sightedness... In silence, I can detach from my body, task and relationships and see which next step would be beneficial for myself and others. The more I discipline the mind with love, it will become my closest friend.

## **The Interplay Between Souls, Matter And The Supreme Soul**

The forces which interact to produce the phenomena of world history and geography: souls, matter and the Supreme Soul (God), are threaded by the law of karma. When there is mental communion (connection) with the Supreme, the soul's relationship with matter changes. This means that the internal love-link that the soul has with the Supreme is reflected in the performance of the soul in the material world and in the degree to which the soul has mastery over matter; firstly over the sense organs of the body and through that, over the colors, shapes and sounds of the material world.

We have continually sought to understand which way to act, but have lost our sense of direction for various reasons:

- \* We forgot that we were soul-actors.
- \* We became lost on the world stage.
- \* We became over-identified with our costumes the physical body.
- \* We lost sight of the story of the drama.
- \* We forgot that we were residents of the soul world.
- \* Due to body-consciousness the soul severed (broke) its subtle connection with the Supreme Soul.

## Soul Sustenance

### Creating Positive Habits

To overcome a negative habit, we have to ensure that the intellect is strong and stable enough to lead the mind with knowledge and comprehension. In this way, transformation is more deep and lasting, creates satisfaction and fullness, and greatly improves our self-esteem. Our mind, which is under the influence of an old program, must be left in no doubt that "I", the original personality, no longer wants to go down that old road. We must have the strong determination to create a new thought pattern; this will also be recorded on our memory bank. This new register will help us to avoid taking up the old habits the next time something similar happens. For a period of time the two thought patterns, the old and the new, will exist alongside each other. To achieve a long-lasting transformation, we should not suppress our mind and immediately eliminate all the habits or tendencies to which the mind has become accustomed to. If we do this, the mind will begin to cry and make a fuss, and finally, the moment we lower our guard and stop paying attention, the old habits will emerge again and drag our mind towards automatic thoughts and actions so that, almost without us realizing, we are once again immersed in our old way of thinking and doing.

We have an alternative: creating thoughts of a greater quality that emerge from a new conscience. In this way, thanks to these positive thoughts, full of love, harmony and creativity, the mind will start to cleanse itself, replacing the old habits and negative tendencies in a totally natural way. The positive thought that preceded the positive action is still conscious, but the more we repeat the positive action the less conscious we are of the thought that created it. The time comes when we don't know why we are doing whatever we are doing: it has become a positive habit.

## Message for the day

**The one who is responsible is the one who is always light.**

**Projection:** To be responsible means to do everything with the best of one's ability. It comes with the recognition and the understanding of the importance of the task. No action is wasted, but everything meaningfully connects to the fulfillment of the task. So there are not even ordinary actions, but only those that are meaningful.

**Solution:** When I take up every task that I need to do with full responsibility, I am able to give my best. Then I will be able to be light having done my task well and in time. There is never the pressure of work, but there is plenty of time for the self and for others. I also find my inner resources being used to the fullest extent.

In Spiritual Service,  
Brahma Kumaris