



### **Strengthen Your Willpower**

Willpower is what keeps you on track.

Willpower is what stops you from giving in to temptations.

So, strengthen your willpower, not by removing the temptations but by facing them and choosing not to give in!

The next time you find yourself lacking in willpower, refocus on your aim and why you want to achieve it.

Remind yourself: I am in control of my choices.

I am in charge of my behaviour. I am the master of my life.

## **The Art Of Tolerance (cont.)**

In the *Ramayana*, Mahavir Hanuman has been portrayed as carrying a great mountain in his hand as if it were a ball. It does not matter if the problem, obstacle or storm seems like a great mountain: one need to turn something that appears as big as a mountain into a small toy, and overcome it as if it were a game. Making something big very light makes you also feel light. Don't turn a small stone into a mountain; turn the mountain into a ball. **To take the expansion to its essence is tolerance.**

**Expanding obstacles and problems in your mind or speaking of them to others means to create mountains.** Don't go into expansion: put a full stop and turn over the page of life and that way you will advance.

**A tolerant person is always capable of taking expansion, problems and obstacles to their essence with knowledge, meditation and silence.** When you choose the longest road, doing so consumes more and ends up by exhausting your time and energy.

Expansion is the longest road and the essence is to take a shortcut. Both work in order to get to the other side, but those who take a shortcut are able to save their time and energy, they do not get discouraged. They constantly enjoy themselves and overcome everything with a smile. That is being tolerant. When you have developed the power of tolerance, you do things with pleasure. We are not referring to the physical pleasures but rather to living a life with pleasure in your heart, and that way you will be able to transform any situation or task from confusion into pleasure.

(To be continued tomorrow ...)

## Soul Sustenance

### Uprooting the Emotion of Worry from the Consciousness

#### (Part 2)

In yesterday's message, we had explained how worry is the wrong use of the imaginative capacity of the mind and intellect. On the other hand, **imagining possible positive outcomes or results will have a double effect of not only keeping the negative outcomes away from us (even if there is a possibility of them occurring), but will also attract the positive results towards us.** But to ensure that both these processes happen, it's important not to attach possible negative results to the same, even to the minutest extent, otherwise the probability of positive futures becoming a reality reduces. Worrying is another word for this attachment process.

Worry is a type of mental habit, which arises from the belief that it's good to worry. This belief gets acquired during our childhood. And then it keeps getting strengthened from our life experiences. We start from this belief. That attracts negative circumstances; as a result the belief gets strengthened further, because you think that with life full of so many negative circumstances, it's important to think of negative outcomes beforehand. You don't realize that these negative situations occurred in the first place largely due to this belief. When we are faced with a negative situation, again we worry because we hold that belief. Again it's the same result. In this way, we are caught in a vicious cycle. How do we come out of this cycle? By changing this belief to – 'it's not good to worry'. Once we do that, there is no guarantee that negative situations will completely stop arising in our life, because we have performed negative actions in the past (either in this birth or past births), which need to be settled in our present, but the extent of negative situations will be minimized. And even if they do come, they will bid goodbye sooner, if we have a worry-free consciousness.

## Message for the day

### Cleanliness means no waste within.

**Expression:** To be totally clean means there is not a trace of negativity or waste within. Even in the most complicated situations there is clarity within. The mind is clear and clean so there is clarity in words and actions also. Every decision is taken with a clear mind and so whatever is done is naturally accurate.

**Experience:** When there is cleanliness in the heart, I am able to win the love of those around me and also of God. I find that I become a mirror for the others and they are able to see their own perfection through me. I also find that I am able to save a lot of time as I am able to see things for what they are and because there is clarity in my thoughts.

### Inner Positivity

There is usually attention on the self not to perform any negative acts. There is also considerable attention not to speak any words that are harmful or negative. But very rarely is there that attention on the thoughts. Because of this a lot of negative thoughts tend to remain in the intellect causing trouble for me. I need to understand the fact that my thoughts form the basis for my words and actions. The more I pay attention to make my thoughts positive, the more it will have a positive impact on my words and actions too. Constant awareness of a positive thought enables me to maintain my own inner positivity.

In Spiritual Service,  
Brahma Kumaris