



## People Potential

Are you able to see the potential in others? Even when, what you see right now is not so great? Look at what they are capable of becoming rather than what you see in the present. See the potential in others and you empower them to reach their full potential.

## Acceptance

Have you ever noticed that resistance leads to persistence? And behind all resistance is self-created fear. The only way to relax and stay relaxed is acceptance. You don't have to agree, or follow, or condone, but acceptance means you begin any interaction with a serenity which invites others to engage with you. And out of engagement comes the satisfaction of creative expression and an enriching relationship. That's relaxation in action!

### **Radiating Good Wishes (Meditation) - cont.**

**The meditation below is a continuation of yesterday's message.**

Create the following thoughts slowly:

I am strong... I am brave... within me there is strength and an abundance of peace at my disposal... I am a strong soul full of spiritual power... This power helps me to maintain my happiness... to have hope... to deal with obstacles and difficult situations... I am discovering my authentic being of light... powerful... radiating this light that is so pure and peaceful...

In this stage of strength, I become a source of light... stable... calm... generous... sharing the light of the love of God with others... the love that gives hope, trust... the love that protects and gives courage... I am an instrument to bring hope to this world... a light for the world that has good elevated feelings towards all the souls of this Earth... my heart overflows with love... with good desires and wishes towards all and these wishes spread like the fragrance of flowers... a fragrance that is given as a gift, freely... a fragrance of love that, with gentleness, soothes the suffering of others... it is a massage for the heart. I am a being of peace... I am light... I am a source of light that glows in the dark... gives peace where peace is missing...

Stay some moments in silence in order to feel how these vibrations, so peaceful and pure, spread. And, slowly, return to this present moment conscious of how you are, of your body and what surrounds you. Prepare yourself to carry on radiating peace, light and love in your actions and interactions also.

## Soul Sustenance

### Filling Myself and Others With Invisible Treasures (Part 1)

Soul consciousness or the awareness of the soul is the key to the internal treasures of the original and eternal qualities of the soul.

**The moment I switch on the awareness of the soul**, a spiritual point of subtle light or energy, situated at the centre of the forehead, **I start accessing the qualities of peace, love and joy that lie hidden inside my consciousness.** Since these are not physical treasures, they are limitless. It's like suddenly I become an owner of an ocean of these qualities. The ocean is inside me and not anywhere outside.

When we hear the word 'ocean', the first characteristic that comes to mind is limitless. So suddenly I am the owner of an ocean of peace, love, power and bliss. I can draw and drink as much of these qualities as I want and these qualities will never get over, because an ocean is an unlimited, tireless and big hearted provider or giver, never expecting anything in return. The ocean will never refuse me, but, as stated above, the key to accessing the ocean is the awareness of the soul. It is a common experience of many that the moment we are in the consciousness of the body, we suddenly feel empty of these treasures and we experience emotions of peacelessness or sorrow or hatred or jealousy or powerlessness or fear etc., because in those moments, we have lost access to the ocean.

(To be continued tomorrow...)

## Message for the day

**Tolerance brings the ability to enjoy the fruits of the moment.**

**Expression:** When there is tolerance, there is the ability to understand and accept situations as they are. So there is no reaction to situation and people, but an ability to act in the right way. So the one who is tolerant is able to make use of the available resources and be the best under all circumstances.

**Experience:** Even during challenging situations if I am tolerant, I am able to experience success each moment. I have the satisfaction of using the present moment in a fruitful way. Tolerance brings humility in me and I constantly keep learning and progressing, with every challenge that I am faced with.

In Spiritual Service,  
Brahma Kumaris