



Happiness

It is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

Humility

Where there is humility and self-respect, it results in selfless service. When there is a combination of humility and self-respect one becomes a giver. Humility makes us give respect to others and put them forward. Thus all actions tend to give happiness to others. When we are involved in some major task, we need to remind ourselves of our own specialty and also the specialties of those around us and give them a chance. When we put others forward we will be able to ensure our own progress too, along with that of others.

Characteristics Of The World Stage

There are three things that we all have in common:

awareness - of ourselves and others

relationships - the sharing and exchange of energy with others

creativity - the ability to produce thoughts, ideas, concepts and feelings and express them.

The purpose of our life is nothing more than living life itself - to be self-aware (**awareness**), to be creative, to express ourselves to our highest potential (**creativity**) and to exchange the energy of love with those around us (**relationships**). But this cannot happen in the incorporeal, silent home of the soul (commonly called *paramdham* or *shantidham*). These characteristics of life require action, a costume (physical body) through which to express ourselves and a stage on which to act. The physical world provides the stage on which we can move, bring to life, create, relate and express all that is within us. For each of us the possibilities are infinite.

The moment we take birth in a physical form, we are constantly doing one of three things: acting, reacting, or interacting - sometimes all three together.

Soul Sustenance

Fulfilling The Criteria Of Positivity

What is the best way to define **positivity**? What, for you, is a **positive** thought, word or action? **We could define positivity as something which leads me as well as others towards to a state of truth. A state of truth for me as well as any and every soul is a state in which it is an embodiment of the virtues of peace, love, joy, purity and power i.e. a state in which these virtues exist inside the soul to the fullest extent.** As a result, in this state of truth everything that flows out of the soul or everything that it radiates or every thought, feeling, word or action that it creates, speaks or performs, is filled with these qualities. This state of truth is the original state of every soul.

All these qualities are connected with each other. One quality attracts the remaining qualities towards itself automatically. **So, when I, through any medium, bring myself and others, whom I interact with, close to this state, to whatever extent, then that is positivity.** If my thought, word or action takes me and others away from this state of truth, then that is the opposite i.e. negativity.

(To be continued tomorrow ...)

Message for the day

Mercy means to give courage.

Projection: The one who is merciful is able to give courage to the ones who are weak, because of the ability to look at the positive qualities in them. The weak ones are never made weaker with negative and discouraging talk, but are encouraged to discover and use the strengths that are hidden within. So real mercy will give the courage to the other person to change too.

Solution: When I have mercy on others, I will never lose hope on anyone, but will continue to have good wishes for everyone. Whatever the kind of person, even with the most negative situation, I will find my stock of good wishes to always be full. So I am able to be free from the expectation from the others to bring about a change immediately.

In Spiritual Service,
Brahma Kumaris