



Third Eye

We all have a third eye. Two physical eyes to look at the world around us and one eye for looking in. Why would we want to look 'in' when everything is happening 'out there'? Because the treasures we seek is inside, not outside. What treasures? Beauty, truth, peace, happiness.... Take a moment to stop, look in and see. Don't rush. Don't search. Just look. And be aware.

The Inner Awakening Wave

Our beliefs either put us to sleep or cause us to remain awake.

Even if we are awake on a physical level, when we are asleep internally, without even realizing most of the time; we don't see others, situations and the world as a whole in their true light. We see, perceive and interpret reality incorrectly, which causes us pain. We perceive any sort of pain on the mental or emotional level to be normal and think that others and circumstances are responsible for the pain. All this, because of the incorrect beliefs that we carry inside us, the most important one being that we are physical bodies and not spiritual energies or souls. Only when the subtle pain becomes intolerable, do we look for a remedy for the same, or think we have to do something about it. Most of us go through life asleep and hence in pain. **An inner awakening is one in which we realize the incorrect beliefs and are not scared to challenge them. Once we do that, our pain starts receding.** We then very naturally look to wake up others, so that they are relieved from their pain.

The present time in the history of humanity is such that while the sleep of some souls is getting more and more sound and pain increases in the world, on the other hand, an inner awakening wave is taking many souls in its tide as more and more souls are waking up from their deep slumber and waking up others. **This is the time when late night and early morning exist side by side. It is the same time, but late night for most and early morning, a time of getting up, for a few.** This is happening due to a consciousness shift or shifting of beliefs inside many through spiritual knowledge. Such souls, whose number keeps increasing everyday, are experiencing more and more happiness in their lives. Both these groups of souls have similar circumstances and people in their life but the shifting or correction of beliefs inside the second group is causing souls in the group to remain stable amidst these circumstances, free from spiritual pain, depending on how much the shift is.

The one way to break an old habit is to create a new one.

We take New Year's resolutions and try hard to break habits. But the more we are thinking of it and worrying about it, we are investing time and energy in it. This will only strengthen the habit we want to break. Instead, let me create an alternate habit which is good and that will replace the old one. It is more important to think of what I want rather than what I don't want. Today I will invest more time and energy in a new habit than what I am investing in old habit. I will ensure that, through this I will create a new habit, which will replace the old one, as there would be no longer any space for it in my life.

Soul Sustenance **Defining Failure**

Given below are some definitions of failure:

- Depending on your perception: failure actually does not exist.
- Staying stuck in what you could have done and haven't done. Letting your thought patterns to be influence by the same.
- Experiencing emotions of frustration, pain, suffering.
- Losing your notion (idea) of the dream, of the ideal life you want to lead.
- Not fulfilling set expectations.
- Not having enough courage and bravery to walk through life.
- Not being the ruler of your thoughts, feelings, actions and life in general.
- Allowing yourself to be led by something negative that a particular situation causes.
- Distancing yourself from your values.
- Not being in harmony with your inner conscience (while performing actions).
- When the self does not accept what life brings it.
- Putting your life in the hands of, and blaming, others and circumstances with feelings of emptiness and confusion.
- False expectations.
- Excessive attachment.
- Excessive materialism.

Tomorrow we shall discuss some factors that bring us closer to failure.

Message for the day

A deep understanding and an attitude of pure feelings results in positive thinking.

Projection: When we talk about positive thinking, it is usually just 'think positive' and 'be positive'. But just saying this, either to others or to myself, doesn't help to change my thoughts permanently, in fact usually, not even temporarily.

Solution: Real positive thinking is much deeper than just to think positive. For this I need to understand and see things as they are, without colouring them with my own attitudes. Then I can deal with things in the most appropriate way, having understood everything accurately.

In Spiritual Service,
Brahma Kumaris