



Mykonos, Greece

Dignity

In order to maintain dignity, I stay in the sunlight of contentment and keep out of the shadow of desires

True Inner power

True power isn't power you have over anyone else, it is a full stock of energy accumulated in your being.

With such power, nothing can bring you down or de-stabilise you. Your inner power becomes a natural protection, not just from the ups and downs of life but also from your own Achilles' heel.

So, tap into your inner power and experience it. Use this power to contribute meaningfully and to protect yourself from your own weaknesses and from negative influences.

Different Thought Types (cont.)

We had explained Necessary Thoughts yesterday. Today we explain:

Unnecessary (Waste) Thoughts

Unnecessary thoughts are thoughts that are produced at untimely moments that fill us with worry and anxiety when they appear in our minds. They have no constructive use. Unnecessary and useless thoughts are quick and repetitive which lead you nowhere. Often they refer to things from the past: * If this hadn't happened? * Why did she have to say that to me? Too many thoughts are about things that we cannot change, or worries about the future: * What will happen tomorrow? * How will it happen? * What will I do if I find myself on my own? * If I had been there at the time, this disaster would not have happened. * If I had had this information at the time, I would have won the case. * When I get the qualification, I will be more respected by my superiors.

Your ability to concentrate is weakened by these useless thoughts. If you have a lot of these thoughts you use more energy and time to undertake each task. The origins of negativity also reside in them.

From the time that the past has already passed and the future is yet to come, these kinds of thoughts are not useful and they also weaken your inner strength and exhaust you. It is vital that we learn to avoid this pattern of thinking. In this way you will be more focused and your decision making capacity will improve.

(To be continued tomorrow)

Soul Sustenance

Freedom from the Dependency on the New (Part 1)

One of the dependencies that the consumer society promotes is dependency on the new. You have a car but today a new, better one is coming out. You have a mobile but the new one on the market today has more features and yours is now obsolete. The same thing happens to the television, MP3 players, DVD players, etc. Today you have some clothes but tomorrow the fashion will be different. We find the need to fill ourselves with more and more. This way an addiction to the new is generated. We get bored quickly and we need something apparently new and different all the time.

Some people need to buy new clothes all the time because it makes them feel better; they 'feel' the newness, is this normal or is it actually an addiction to the new out of boredom, is it discomfort with oneself and the inner need to impress and please others that sometimes some people seem to possess. It is actually living in the superficiality of the *pair of jeans or the saree*, not in the inner essence of *being or soul*. It is to use time to distract oneself and not to construct creatively. It's not as if buying new stuff or going shopping is wrong but when it becomes a dependency, when it becomes a source of boosting your self esteem, that's a sign that you are going wrong.

(To be continued tomorrow ...)

Message for the day

To consider oneself to be a server means to be humble.

Expression: Each one is endowed with certain specialties and gifts. The one who is able to use these specialties for the benefit of others as a server, is able to make a contribution to better the lives of those around. But the one who only thinks of his specialties and a chance for expressing the specialties is not able to remain humble.

Experience: All the specialties that I have are there for a purpose. The more I use it to benefit others, the more I am able to use them with humility. I am also able to gather the good wishes of those around me and further increase my specialties. I have no expectations from others but am able to give unconditionally, recognizing their need.

In Spiritual Service,
Brahma Kumaris