



## **Within Us**

What lies behind us and what lies before us are tiny matters  
compared to what lies within us.

## **To change thoughts is the ability to change words too.**

Whenever we find ourselves speaking rude or discouraging words, we realize and wish to change. We really don't like speaking that way. Yet we find that it is very difficult to do so. To try at the level of words may not bring change, but when I change my thoughts towards the other person, the seed of my thoughts will bring change in my words too. Today I will have good wishes for everyone I meet. Especially for those who are not so good to me. This will help me positive and powerful in my words too. What I speak will then bring benefit to those I interact with.

## **Overcoming Repetitive Thoughts**

Repetitive thoughts are mental dependences that arise due to a badly channeled imagination, false beliefs or mental weakness. For example, this happens when the pattern of negative repetitive thoughts makes us experience continuous feelings of guilt. Or we think, almost obsessively and continuously, that someone wants to hurt us or are after us. Or we create continuous thoughts of jealousy, hatred and violence with regards to another individual. They are negative and self-destructive habits. We fall into repetitive thoughts, which make us live in constant unhappiness.

We spend a lot of time during the day with these types of unnecessary thoughts. They are leaks of energy that weaken us. We have created the habit of thinking like that and, therefore, it is in our hands to learn to change it. We can free ourselves of these dependencies and the result is to be freer, mentally, of negative and repetitive thoughts, which are like a constant hammering. It is a question of learning to control what we think, thinking positively and in a focused manner, meditating and exercising the mind. We exercise to keep the body healthy and strong; in order to have a healthy and strong mind we have to learn exercises like meditation and relaxation that help us to free ourselves from repetitive thoughts which are nothing but bad positions or postures of the mind.

## Soul Sustenance

### The Seven Relationships With The Supreme

Every soul has a close relationship with the Supreme (God), but we simply forget it as we become over-involved in, attached to and distracted by our life on the physical plane and our different relationships with different physical beings during our journey of births and rebirths. Spirituality makes us realize the need of restoring our connection with God, which has either broken or has become loose. It also makes us realize that this connection needs to be a very deep and personal one.

**God plays many roles, just as a good parent, being one, but will play many roles while bringing up his or her child. Each role consists of different spiritual characteristics and virtues of God, expressed by Him.** Take a few moments to think about the main roles that God plays in our life and identify the main virtues and characteristics which He expresses e.g. in the role of Father He demonstrates the art of living to us and how to perform right *karmas*. In the role of Mother he gives spiritual sustenance, in the form of virtues like peace, love and joy to us. In the role of Teacher, he showers us with true knowledge of the spirit or the soul. These are just a few examples. We suggest you do your own thinking about seven different roles that God plays: **Father, Mother, Teacher, Guide (or Guru), Companion (or Beloved), Friend, Child** and how he plays them. Once you have done this inner thinking exercise, experience each of these seven roles on each of the seven different days of the week, one role per day. Feel Him being in that role for you and then note what you feel exactly and how you relate to Him. Also identify the spiritual characteristics and virtues that it brings out from within you.

## Message for the day

**Your powerful stage keeps you constant in spite of the changing circumstances.**

**Checking:** In the different circumstances that you face throughout the day, check if you are able to maintain the same mood. See if you are able to maintain the same stage whatever the circumstances you are faced with.

**Practice:** Each morning, take a strong thought, 'I am powerful and I perform each task with this awareness. Even when things go wrong I don't forget what I originally am.' When you practice in this way, you'll not change your mood with the changing circumstances.

In Spiritual Service,  
Brahma Kumaris