



## Make Up

While we spend much time 'making up' our faces to ensure our appearance is beautiful for others, we forget to make up our minds. This is not about making decisions. Making up our mind means ensuring that our thoughts are positive and our feelings towards others are filled with good wishes. When we do, others begin to sense a deeper beauty emanating from behind the skin! This is inner beauty. Don't hide behind your face. Let the real you show through. relax7

## **To Be Aware But Not Judgmental**

On the path of Raja Yoga meditation (taught by the Brahma Kumaris) there is a saying, "See, but don't see! Hear, but don't hear!" which means to remain aware of all realities, including the negative, but not to focus on them. We get caught up in the negative because we react and the reactions are expressed in the form of judgments, accusations, criticism, or labelling. As soon as we judge or criticise, we put everything into convenient boxes and, just as convenience foods are not always so healthy, such conveniences at the mental and attitudinal level are a great danger, because we mentally seal (close) the fate (destiny) of the person or situation: they are like this and so must be treated accordingly. Unfortunately, this is often done in an unconscious way, which is why Raja Yoga meditation is used to bring such attitudes and behaviours to the surface, conscious awareness.

When our vision and attitude remain judgmental or critical, they do so because there is no input of positivity from the self to encourage or allow a positive change.

**There cannot be a positive output when there is a negative input.**

We often work in this way, wanting others to be better in some way, but, instead of helping them, or having faith in them and seeing their good qualities, we hinder (obstruct) them by concentrating on their past, their weaknesses and their mistakes. Our focus is completely negative, but still we expect them to change for the better!

When our awareness is more detached, rather than focusing on what is wrong, we look at how we can put something right by contributing a positive feeling, or attitude. This anonymous (not known to anyone) contribution is a generous act, which offers a solution, instead of the usual complaints by critical and judgmental people.

## Soul Sustenance

### Rediscover The Essence Of Happiness (Part 1)

**Have you ever wondered - what is the real essence of happiness, what is and what is not real happiness?** Man is fond of counting his troubles, but he does not count his joys. If he counted them up as he ought to, he would see that he has enough happiness provided. **Happiness, joy and love hold different meanings for each individual.** A person may find happiness in shopping and another may find the same kind of pleasure in social work. But there are some aspects which have the capacity to at least put on a smile on every individual's face. Simple gestures like maybe a hug or a morning greeting. Going to each mate of yours at the work place or to each loved one at home every morning and greeting them with a huge smile on your face will bring you happiness as well as to the other person.

So, real happiness is not an external stimulation by watching an action movie or eating out or buying a new dress; it is not the result of acquiring something – whether it be a new car or a position, or of receiving some good news. True happiness is not relief from suffering – whether from an illness or a difficult situation, nor is it the achievement of a goal – whether personal or professional. All these are externally dependent, where happiness is confused with **stimulation, excitement, achievement, acquisition or relief. Happiness is not all of these.** You commonly say "Well, what I like best," ... just then stop and think. Because although each of the above episodes bring us happiness, there is a moment just before you begin to enjoy the episode which is better than when you are enjoying the episode, but you don't know what its called or what it feels like to enjoy that. Each one of us can experience that joy, we just need to find it. Remember that happiness is not a future promise. It can only be experienced now, in each and every mundane action of the day.

(To be continued tomorrow ...)

## Message for the day

**When you have a strong aim you automatically receive the cooperation from others.**

**Checking:** When you take up a task, check if you are able to receive the cooperation from others. If not, check the strength of your own aim. The stronger your aim, you will find others coming forward to help you fulfill your aim.

**Practice:** Each morning remind yourself of the aim that you have to achieve. List out mentally why fulfilling that aim is important for you. This will further help in strengthening the aim.

**When words are sweet, there is a positive impact.**

Sweet words are like flowers, when given to others brings happiness and spread love. On the other hand, harsh words are like stones that hurt. Harsh words emerge when there is some weakness working within me. Harsh words means that in some way I am feeling helpless and am resorting to something which is not so constructive. Today I will not say anything that is not sweet. If a situation does arise where I have to say something not so good and nice, I will move away from there. Till I am sure that I will not speak such words, I will not come back to that situation. In fact, I will try and resolve that point in my mind so that I don't speak anything negative.

In Spiritual Service,  
Brahma Kumaris