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## **Cleanliness**

The most important places to keep clean and tidy are my mind and heart. If I allow thoughts to flourish that I wouldn't want to see the light of day, I can never have any real self-respect. By starting each day in quiet reflection and pouring positive, loving thoughts into my mind, I gradually clean out cynicism and unkindness.

## **Fulfilling The Criteria Of Positivity (Part 2)**

In yesterday's message we defined positivity and negativity from a spiritual perspective. Further elaborating, negativity hides my truth, and causes me to take incorrect steps during the day, without realizing, hurting myself and others yet not knowing how or why. At the level of non-physical spiritual vibrations, we are all connected with each other, as a result of which **if I help others to come close to the experience of truth, a state in which the other is an embodiment of the virtues of peace, love, joy, purity and power** (as defined yesterday), **I will also help myself: whereas if I bring others down into a state of falsehood, the opposite, that will also bring me down.** Whenever I give another soul an experience of any of these virtues, the virtue first flows through me and then touches the other. As a result there is an increase in the virtue inside me first and then the other is benefited.

In the entire day, my words and actions may be numbered, but my thoughts are in thousands. My mind works, even when I sleep, even though I am not active physically at that time. The quality of my thoughts at that time is largely influenced by the quality of my thoughts, words and actions during the day. So I need to be aware throughout the day as to how much is each thought, word and action of mine fulfilling the criteria of positivity i.e. bringing me and others closer to a state of truth. **The more my thoughts, words and actions do so; the result is an increase in an experience of inner and outer lightness in the self and a similar experience from me to those who come into my contact or whom I interact with.**

### **Examine and Experiment**

Under the microscope of your attention, observe your thought processes, emotions and reactions, just like a scientist would. Examine your observations and understand yourself better. And when you're not happy with the observations, experiment with an alternative approach: "If I think like this, how will it make me feel? What if I make a change in my behaviour? What will the outcome be?"

## Message for the day

**True help is to help people discover their own specialties.**

**Thought to ponder:** When others' negativities or weaknesses are perceived, it is essential to look at their positivity or specialties too. This will naturally bring love and positivity in the relationship and there will be an encouragement of that positivity. So even if that person has no recognition or has not been using his specialty, an encouragement of it by others will naturally enable him to begin to use it.

**Point to practice:** Making others aware of their specialties and subtly encouraging them to use these specialties is a great help that I can do for others. When I am able to give this unique help and cooperation, I not only find benefit for others, but I am also able to get the good wishes of others. Even others naturally become positive with my positive attitude.