



A view of the sunrise above the clouds

Good Wishes

Giving good wishes to others acts like sunlight, filtering into the dark corners of their mind and lightening their burden.

Factors That Shape Our Perception (cont.)

There are four main criteria that may influence how our perception of reality is distorted or altered (changed). We have already discussed two criteria. Today we discuss the remaining two:

Associated Memories

We have many associated memories: in fact, all addictions are associated memories. For example, the cigarette addict associates many moments during the day to cigarette smoking (after lunch, while seeing someone else smoking, in the restaurant with friends, coming out of work, etc.). Another example is when we have listened to a song over and over again. If after a few years we hear it again, not only do the words and tune emerge, but also the memories associated with the song. In our relationships, associated memories create barriers when we relate to others, since **the memories we associate with certain people and situations means that we nearly always see them in a specific way and do not give them the chance to change and improve.** This limited and unchanged vision that we sometimes have of others leads to misunderstandings when communicating.

Assumptions

They are images created in advance in our intellect and which work in a sub conscious way, just like associated memories. By assuming, guessing or imagining, we create a series of assumptions that influence our perception and stop us from recognizing the reality. For example, we hear our name being discussed by a group of people and we think that people are speaking wrongly about us. If we learn to rid ourselves of a whole series of assumptions that affect our communication and relationships, our perception of reality will not be distorted or altered (changed). The best way of eliminating these preconceptions is through open, concise and precise communication in order to clear up any misunderstandings.

Determination

Difficulties do come in life and we cannot avoid them. When they do come they create barriers in our way. When such barriers come our way there is no experience of progress in anyway and there is a loss of interest in doing things. Whenever difficult situations come our way, we need to remind ourselves that such situations come our way in order to help us move forward. When we remind ourselves of this we find that we get the determination to work on them. Only with determination will we be able to work on them to overcome them.

Soul Sustenance

Practical Ways of Changing Old Habits or Beliefs (Part 4)

Visualization

Visualization consists of creating positive images by means of the ability to imagine, and in this way reinforce positive thoughts and strengthen your will to achieve positively what you affirm for yourself in your mind. With visualization you manage to intensify experiences of positive affirmations and self-motivation, and it also helps you to specify and clarify your goals. The basic principle of using images in our mind is to act as if the desire we have in our mind has already been achieved. If we place images of success, health, wellbeing or inner peace in our mind, these will materialize in positive situations and experience, and this image of success will become real in our lives.

(To be continued tomorrow

Message for the day

To keep the aim in front of us is to move forward with contentment.

Expression: Several times there are situations that are negative where we have to face things that are not really what we are expecting or wanting. At such times we tend to get disheartened and experience discontentment. Our state of mind becomes such that we can no longer experience peace.

Experience: The solution at such times is to keep our vision clear on our aim. When all our thoughts and energy are concentrated on our aim, we will be able to consider any negative scene that comes our way as only a side-scene. We can easily ignore all such situations and so our mind is at rest or peace.

In Spiritual Service,
Brahma Kumaris