



### **Self-respect**

Self-respect is not a matter of what you are doing in your life, but rather of how you are doing it. It requires that you bring quality and virtue into each action, whatever that action may be.

## **Wishing you all a very Happy, Peaceful, Prosperous, Powerful and Pure New Year**

### Invaluable Golden Godly Gifts for Self-Progress

01. Make your thoughts absolutely pure. In that purity there is peace. Not just positive but extremely pure.

02. Whenever you are smiling there is no difficulty. If you find it difficult to smile then difficulty comes. So this is the only solution. Let me live while smiling and when I die, I will be smiling.

03. Don't think about others and don't think about the past. Don't even come backward and look at the past, whether it is yours or others'. Past is past. Be forever in front of Baba (God - Father) and Baba will be present in front of you.

04. To be healthy means to have lots of courage. Wealthy means a generous heart. Happy means one who does everything with cooperation.

05. Baba has pulled me and made me belong to Him. If I don't have that pull now, what is the reason? Intellect is either towards people or object.

### **Topics For Meditation Thought Commentaries**

As you start your meditation practice, you need to have in mind some simple topics for your thought commentaries on which you base your meditation. Repeat them gently. Doing that will give you enough time to experience the feelings hidden inside them. Realization of thought commentaries will help your thoughts to develop and your thoughts will slowly expand as you now guide yourself in your meditation. Take up a few simple topics or phrases as the foundation for your meditation. Initially, listening to a guided meditation commentary on an audio cassette or CD, which is available at any Brahma Kumaris center will be extremely helpful. As you get an idea about what thought commentaries are all about, you can gradually start creating your own powerful, positive, thought commentaries. These will ultimately have more meaning for you because they have been created by you and you will easily be able to relate to them. You can continue to take the help of recorded commentaries, though, from time to time. Given below are a few topics for your thought commentaries, which you would find helpful and which you can explore.

\* I am a subtle (non-physical) point of consciousness, which resides within this body (situated at the center of the forehead), I am the energy which brings this body to life every day. I am the energy which uses this body to see, to speak, to touch and to hear. I am the energy which experiences everything via the body. But I am not this body.

\* I am a soul, a being of light, situated at the center of the forehead, radiating pure light into my body, out towards others close to me and the world. As I turn within and remember who I am, I experience my own capacity to have pure love for all others. It is a generous (kind) love that neither wants nor needs anything in return.

(To be continued tomorrow...)

## Soul Sustenance

### Characteristics Of The World Stage

There are three things that we all have in common;

**awareness** - of ourselves and others

**relationships** - the sharing and exchange of energy with others

**creativity** - the ability to produce thoughts, ideas, concepts and feelings and express them.

The purpose of our life is nothing more than living life itself - to be self-aware (**awareness**), to be creative, to express ourselves to our highest potential (**creativity**) and to exchange the energy of love with those around us (**relationships**). But this cannot happen in the incorporeal, silent home of the soul (commonly called **paramdham or shantidham**). These characteristics of life require action, a costume (physical body) through which to express ourselves and a stage on which to act. The physical world provides the stage on which we can move, bring to life, create, relate and express all that is within us. For each of us the possibilities are infinite.

The moment we take birth in a physical form, we are constantly doing one of three things: acting, reacting, or interacting - sometimes all three together.

## Message for the day

### To have a positive outlook is to remain in peace.

**Expression:** The more one hears and talks about positive things, the more one is able to be free from negative influences. The environment today doesn't give much of a chance for hearing to positivity because of the continuous flow of news about conflict and violence. But changing the theme of conversation and talking about what life gives is to change the responses to the world in a more positive way.

**Experience:** When I have a positive outlook, it creates in me hope and enthusiasm for the future. I also have a more positive view of the present reality. I remain in peace, whatever the challenges or negative situations I may have to face. I am able to be in touch with the inner peace and maintain this state of mind under all circumstances.