



Look for Goodness

In everything, goodness is there. Our goal is to find it. In every person, the best is there; our job is to recognize it. In every situation, the positive is there; our opportunity is to see it. In every problem, the solution is there; our responsibility is to provide it. In every setback, the success is there; our adventure is to discover it. In every crisis, the reason is there; our challenge is to understand it. By seeing the goodness, we'll be very enthusiastic and our lives will be all the richer.

Procrastination

There is usually a tendency to postpone things to the last moment. When the situation demands that I finish the job and at the same time if unforeseen things come up, I tend to feel pressurized. I then am not able to do the job well and begin to wish that I had more time. I need to understand the importance of time and do the job needed to be done immediately. I need to understand the fact that if I lose this moment, there is no chance of getting it back again. If I use the time at hand fruitfully, I'll always be able to remain light and be available to things that come up suddenly.

Awakening Your Intuition

In real life, we are faced with many situations when important decisions have to be taken, a particular path to move ahead has to be chosen. At such times, our mind is filled with various different voices or influences like the influence of people surrounding us, who give their different opinions regarding the particular situation; they say something, our mental logic along with knowledge of people and things, says something else, then there is the influence or memory of our past experiences which colour our perception of the present situation differently. Also there is the influence of the outside world in general - all that we see, hear and read. There are also our attachments, selfish desires, fears, mental biases towards a particular person or situation, emotions like jealousy and hatred, beliefs etc. which influence our perception. Our mind is full of all these influences, many of them even conflicting each other, and we experience complete turmoil or indecisiveness inside ourselves, we don't know what to do.

In such cases it is sometimes extremely wise to keep all these influences aside, sit in silence and listen to what our intuition is saying to us. There are many situations, in which after the situation is over, we realize that all the influences mentioned above would have taken us on the wrong path, but it was our intuition, our inner voice of wisdom, alone which gave us the right solution and took us safely to our destination.

(To be continued tomorrow ...)

Soul Sustenance

The Location Of The Soul Inside The Body

The soul has the following basic functions to perform:

- **to give life to the body and to maintain life inside it,**
- **to express and experience its role through the body, and**
- **to receive the rewards or fruits of past actions performed in previous births, through the body.**

These functions are controlled and monitored by the soul via the nervous and hormonal systems from a particular point in the area of the brain which contains the thalamus, hypothalamus, pituitary and pineal glands. This region is known as the seat of the soul, or the *third eye*. The connection between the physical (body) and the non-physical (soul) is by the medium of thought energy. Many religions and philosophies place great importance on the third eye, or *eye of the mind*. When viewed from the front, this region appears to be between and slightly above the line of the eyebrows. It's for this reason that Hindus use a *tilak*, a dot in red or sandalwood paste in the middle of the forehead. Christians also make the sign of the cross in this region. Even when one makes a mistake or expresses tiredness it's to this region that we put the hands in the gestures of self-dismay or exhaustion. After all the soul subconsciously knows that it makes the mistakes and not the body. When people are concentrating deeply in thought it is this area of the forehead where creases or lines are formed on the skin.

Message for the day

To become worthy of blessings means to make success easy.

Expression: Thinking of benefit for the self increases to such an extent that it sometimes takes on the form of selfishness. When we are selfish we stop thinking about others or the effect that our action is going to have on them. Then we are not able to move forward with lightness because the good wishes and blessings of others are not with us.

Experience: In each and every action of ours we need to first check if it is going to be beneficial for us as well as for others. As much as there is benefit for others too in the task that we are doing, that much the good wishes of others will be there for the task. With these good wishes we will be able to move forward much faster and achieving success will be easy.

In Spiritual Service,
Brahma Kumaris