



Are Your Opinions Really Yours?

Examine your opinions about others.
Are your opinions about other people really yours?
Or have you adopted other people's opinions?

We're shaped and influenced by other people's ideas.
But our opinions should be a reflection of what we really think and feel,
right?

Connect with your values and then create your own opinions

Freeing Myself Of My Inner Darkness (Meditation)

Breathe deeply... Become serene and feel a sensation of peace and wellbeing inside yourself... Now have a conversation with yourself...

I sit down comfortably, like an observer in silence. I stop paying attention to everything around me: objects, people, responsibilities, places... I centre my mind on the present moment... The serenity, the peacefulness, wrap around me... In this calm I can see the dark corners of my inner being... They are like shadows... I see **the fears, the anxieties, the guilt, the bitterness, the selfishness, the unhappiness...** They are **weaknesses** that lie in some corner of me... I accept that there are these dark areas within me... I observe them and I realize that I am not that darkness, I am not that weakness; it is not real; it is like a shadow...

I focus now on what is real; all my energy concentrates itself in the centre of my forehead and I visualize the energy centered like a point of light... It is a star of love, of peace, of wellbeing, of contentment...

I only have to access these original qualities and allow these energies to strengthen my soul... To do so, I continue to observe with calm, with patience... I don't allow my mind to judge or analyze what is happening to me... Everything that has happened to me forms part of the past... I have learned from my mistakes... I forgive myself... I forgive others...

(To be continued tomorrow...)

Constant Progress

Although we do have a lot in our lives, we have expectations from situations and people around us. We constantly think of what we have to get from them. Such expectations make us dependent on others for self-progress. Then we find ourselves experiencing progress only when things are going right or when people are cooperative. Instead of thinking about what we want to get, we need to pay more attention to what we have, so that we can do our best using these resources to acquire what we want. Thus we will experience constant progress in our life, whether the situations are positive in my life or not.

Soul Sustenance

The Law of Expectation

In our relationships with others, it is good to want the best: "I hope you do very well, I am sending you my positive energy and this is my way of encouraging you and giving you courage. However, if you don't achieve what I think you are capable of, I will not feel frustrated. I will not be dependent on you satisfying my expectations, but I will always want the best for you."

If you have faith and confidence that something will happen, it is a prophecy that must come true. The expectations we have of someone, whether negative or positive, do have an effect on the person we are relating to.

Many investigations into this question confirm the influence that the expectations of educators have, both in the performance and in the behaviour of their students. Everything points to the conclusion that the teacher's expectations form one of the most influential factors in the academic performance of their students. If a teacher expects good results from their students, their performance will be much closer to their real capacity than if their teacher is expecting poor results.

Message for the day

The power of good wishes enables disheartened ones to experience happiness.

Expression: The usual reaction to the negativity in another person is to behave negatively too, i.e., to express negative qualities. This continues although this does not bring about the desired change in the other person. On the other hand, when there is the ability to see the positive qualities in the other person and have good wishes based on that it becomes a source of power to bring about a change to positivity.

Experience: When I have the ability to give positive feelings and good wishes to the other person even when they are negative, they are able to get the power to change the negative to positive. I find that the change that I seek for in others is much quicker and easier than if there is the emphasis just on negativity.

In Spiritual Service,
Brahma Kumaris