



Happiness Now

Happiness is not a destination, it's a journey.

Happiness is not tomorrow, it is now.

Happiness is what you are, not what you have.

The Relationship Between Virtues And Vices

When we are internally strong, our nature characteristics and skills are reflected, from inside us to the outside, to everyone we interact in, in the form of virtues. If we are internally weak, those same traits emerge and radiate as vices. **Vices are just qualities or virtues that have lost their focus and strength.** For e.g. if we take the quality of love - when a strong soul radiates love, it is unlimited and without any conditions. Such a soul respects and has good wishes for everything and everyone and under all circumstances, irrespective of whether love and respect is coming from the other side or not. When a weak soul radiates love, he/she tends to restrict the love to limits e.g. the love would vary from person to person and from situation to situation. **In a sense, if spiritual might (strength) and spiritual light (understanding or knowledge) are taken away from the virtues, they get transformed into the six vices, which make us spiritually unhealthy or weak:**

Ego - developing an image of the self that is false, temporary or imaginary.

Greed - finding short term fulfillment by acquiring material goods, a role in society or money or through the physical senses - eyes, tongue, ears, etc.

Attachment - finding security by developing a feeling of possessiveness over loved ones and material objects.

Lust - using excessive satisfaction through the senses as a means of fulfillment.

Anger - the feeling of hatred and revenge when any of the other vices are threatened or being taken away from us.

Laziness - becoming inactive on a spiritual, physical or mental level.

Soul Sustenance

Tapping Guidance from the Supreme Intellect (cont.)

In yesterday's message, we had discussed how no human entity can fulfill all the necessary requirements of someone who can guide us correctly in any difficult situation. Thus to proceed in such a situation, it's good to take the guidance from the intellect of someone who fulfills all these criteria.

That someone is no one except the Supreme Being or God, who is the entity possessing the most powerful intellect, and intellect with the most perfect judgment power. Sometimes my mind and intellect is absolutely clean and clear and I am 100% sure about my right course of action for the future, but even in those times its good to verify the course of action from a higher authority. So, in those times, it is very important to connect for a few minutes with the Supreme, who is an Energy of Unlimited Truth. Then, the question to ask myself at that time is not what do I want, or what do others want, but most importantly: What does the Supreme want, what is his wish, what is his perception of the situation? **The deeper my connection with Him in meditation, the clearer the answer will come. When it becomes a regular practice, it will be as simple as taking guidance from my physical parent or spouse or friend. I'll know without wasting time and energy, the right course of action.**

Sometimes it may happen that the answer may not come to me immediately, but by connecting my intellect with the Supreme's intellect my intellect will become clear, which will help me take the right decision. Also, in some cases the Supreme may not respond immediately but may guide me through some other medium, whether living or non-living after some time or even after a day or two

Message for the day

The sweetness of the mind brings sweetness in words and interactions.

Expression: There is an understanding of the need for being sweet in words and interactions. But this sweetness can be expressed only when there is sweetness in the mind. Sweetness of the mind means there is not even a trace of negativity. Such a mind is further open to all that is nice and beautiful and expresses its own freshness and beauty in interactions.

Experience: When I am able to keep my mind sweet, i.e., free from any kind of bitterness or ill-feelings, I am able to experience the beauty of life. There is no feeling of sorrow or negativity but the mind is nurtured to further positivity with everything that comes its way. I am then able to experience constant growth and progress.

Think before you speak

Most of the times we spend a lot of time and energy in explaining to others about what we want to say. We not only waste our time and energy in this but people tend to move away when a lot is said. We are not listened to properly. A lot can be said using a few words. When we check ourselves with honesty and think of what we want to communicate, we can do it more easily with fewer words. Thus we save our time, energy and that of others too. Others are more willing to listen to us and follow what we expect them to do.

In Spiritual Service,
Brahma Kumaris

