



### **Lotus Life**

The lotus is a symbol of purity. Its roots are in the mud, but the flower remains above dirty water. Live a lotus life. Be in the world, but unaffected by impurities.

## **Breaking Down Patterns Of Negative Thoughts And Feelings**

Having understood that the source of our feelings are our thoughts, we realize that right through our journey in the physical world, in many births, **we have repeatedly built up enormous webs of negative and harmful thoughts and feelings, creating many unnecessary difficulties for us, internally as well as externally.** The habit continues in my present life too. **Meditation helps me to untangle this mess, and break the habit.** It helps me come to terms with what is going on in my own inner world and understand how I create thoughts and feelings, how to take responsibility for them, and how to tap into my original, positive inner resources, which helps me displace negative patterns of thoughts and feelings. So, meditation is not merely a relaxation technique but a powerful tool for a seemingly difficult task of self-transformation.

**To get the positive cycle of thoughts and feelings working in my life, the easiest place to start with is our thoughts.** It's not very difficult to change our thoughts. It just requires attention. And by changing my thoughts, it becomes easy to change my feelings. In meditation, I decide that for a few minutes, each day (it could be as less as 1-2 minutes or as much as 25-30 minutes, depending on the external setting I am in) I am going to set aside negative thoughts which are weak or wasteful, and create pure, positive, powerful thoughts, based on the awareness of my spiritual identity. As I do this, I begin to experience the original resources or treasures of the self. As a result, positive and powerful feelings for the self and others emerge.

## Soul Sustenance

### Are You Dependent On The Look Of The Other?

We have to trust that, being ourselves, we will be well-received and loved by the world. If we are here, why have we been incarnated on Earth? To satisfy the look of the other or to bring what is unique and exceptional in us? We all have two eyes, a nose and a mouth but no face is the same. We are all a being of conscious energy, a soul, but each one has a colour, an art, a creativity and something different to contribute. Let us trust in ourselves and use our talents to bring our difference.

You can be your best friend. Imagine that someone accompanies you in your life, values everything that you do and finds it to be great: what you do, what you say; you are the best; extraordinary; a shining being; a star. Now imagine that you have that person next to you day and night. How do you feel? On top form and you are fine. This happens in relationships. When someone loves you very much, they practically only think about you; they ring you, they send you text messages, maybe they write you letters or emails. You feel unique, special and loved. But this does not last forever and, nowadays, it lasts less and less. The difficulty is that if you depend on the look of the other to feel fine, sometimes you will be fine if the person looking at you does it well, but if not, you won't be fine.

How do you look at yourself? This unconditional friend that loves you so much and that supports you is what you have inside. You can be your best friend. This gives you security and trust. If someone else likes you or doesn't like you and criticizes you, you won't collapse within because to be fine you do not depend on the look of the other.

## Message for the day

### To spread the rays of happiness is to be optimistic.

**Expression:** The one who is optimistic is able to spread the rays of happiness all around. Never does he stop or move back with life's challenges. On the other hand, he has the courage and determination to move on making the best out of the situation. Others too are encouraged seeing his faith.

**Experience:** When I am optimistic I am able to understand that there is something good that is hidden in everything that happens. I am able to enjoy seeing only this positive aspect, filling me with positivity. So my happiness spreads around and touches the lives of those around me.

## Determination

There are a lot of negative situations that come our way, as we are moving along in life. During the difficult phase we tend to experience a lot of negativity within too, either in the form of fear, anger or pain. At that time the difficulty seems very big and seems to last forever. We need to recognize the fact that whatever difficulties we face are like passing clouds. These clouds come at their time and will fade away at their time too. We need to develop the determination to work on our problems with this understanding. Determination in thoughts disperses the clouds of negative situations. We will then be able to face the situation with ease.

In Spiritual Service,  
Brahma Kumaris