



Trust yourself

You must begin to trust yourself. If you do not then you will forever be looking to others to prove your own merit to you and you will never be satisfied. You will always be asking others what to do, and at the same time resenting those from whom you seek such aid.

Sharing

The best things in life are free so share what you have, freely, all without needing acknowledgement or recognition.

Even if you only have a little, share it openly.

You'll feel richer for it!

Different Thought Types (cont.)

We have explained Necessary, Unnecessary and Negative Thoughts in the last few days. Today we explain:

Positive Thoughts

Positive thoughts are those thoughts which give us and others the experience of our original virtues like peace, love, bliss, happiness, etc. They enable you to accumulate inner strength and equip you to be constructive. Positive thoughts are always beneficial in all circumstances, without trapping you in the external appearance of a situation.

Thinking positively does not mean ignoring the reality of your world and living in a fantasy or longing to be another person. For example, if you were to repeat over and over again, "I am well, am well," when you were ill, this is not what we mean by positive thinking.

Thinking positively involves looking at problems and recognizing reality, but at the same time being able to find solutions without becoming obsessed or confused. This often requires tolerance, patience and common sense.

A person who thinks positively is aware of the weaknesses of others, but even then will direct their attention towards their positive characteristics.

(To be continued tomorrow

Soul Sustenance

Varied (Different) Concepts About The Supreme Being or God (Part 2)

There is an endless variety of human theories and concepts which appear to create confusion and even hatred among people when they are opposed to each other, but ultimately I must ask myself how far "I", the individual, have the experience of His powers and qualities.

The basis of forming a relationship with anyone is knowledge of who they are, what they look like, where they are from, and what they do. Similarly if I am to have the awareness of myself as a soul, and emerging from that, a close relationship with God, the Supreme Soul, then I must know:

- **Who He is?**
- **What His form is or what does He look like?**
- **Where He is or where does He reside (stay)?**
- **What His personality traits or *sanskars* are?**
- **What His acts or *karmas* are?**
- **What is my relationship with Him?**

God is living and real, not a matter of scientific research. It is necessary for me to re-establish a living relationship with Him, on the basis of complete knowledge of Him. My connection should not be based on the fears and superstitions of the past.

Message for the day

The method to stay in constant enthusiasm and to keep others enthusiastic is to see specialities in others.

Projection: Many times while I am sincerely working towards my task, I find myself losing my enthusiasm. I also might find people not very happy with me or my work. I do make an attempt to understand their feelings but fail to do so. Such negative responses further reduce my enthusiasm.

Solution: I need to develop the art of looking at specialities in people. The more I am able to see their positive qualities, the more I am able to relate to them with that speciality. This encourages the other person further to use that speciality. This will naturally keep me constantly enthusiastic

In Spiritual Service,
Brahma Kumaris