



Kaleidoscope

Attraction

Like attracts like. Whatever the conscious mind thinks and believes, the subconscious identically creates.

"See no evil, hear no evil, and speak no evil."

Do not even think evil, because first you think of something, then you speak of it, then you see it.

Changing My Thought Patterns

Why is it that we can't change the pattern of our thoughts so easily? Imagine a bird being so comfortable in its nest that, though perhaps sometimes it stands on the branch of the tree to inflate its chest and adjust its feathers, it never wants to fly and does not even realize it could fly. It never knows the blissful freedom of flight, never feels the wind through its wings. It thinks the other birds that are flying around are unwise or foolish. In much the same way, we never really leave our nests of old thought patterns. Our habitual thoughts become our comfort zone and each repetitive thought pattern is like a twig in the nest, which makes the nest stronger and our stay in the nest seemingly comfortable and permanent. We never experience our true spiritual freedom or flight or feel the breeze of our inner beautiful nature. Even the thought, "I am a soul" has to be realized eventually, so that we can actually experience its deepest truth.

In the world of spirituality, thoughts are like the map, but they are not the territory nor the reality of the experience. **Thinking * I am a peaceful soul or * I am a loveful soul or * I am powerful soul is not being soul-conscious, it is only theory or knowledge, but it is definitely an essential start.** Maps are important and necessary, until we know the way home to experience. **Reaching this final destination of experience makes it easier for us and empowers us to transform or change our old thought patterns.**

Soul Sustenance

Overcoming The Fear Of Interaction Or Socializing

There are various activities that you are perhaps afraid of doing, but that you know they are very useful activities to indulge in e.g. if you are afraid of socializing or interacting with people, either on a one-to-one basis or in a group. In a party or a situation where lots of people are enjoying the company of each other or in a meeting with your boss for e.g., you feel out of place and uncomfortable. **The problem might lie in a negative image of the self or low self-esteem, lack of confidence, fear of the other's opinion about you, lack of spiritual strength, past failure in having done so, being influenced by the other person's role or position etc.** How do you overcome this fear? By interacting with more and more people. The more you interact and mix up with them and express your viewpoint fearlessly, you realize that it is not a problem. Even if you make a mistake or you feel unsure, with practice you will see that there is no problem.

Most of our fears are overcome with the practice of doing what you are afraid of. If you do not make a brave step forward in order to overcome the fear of expressing yourself, you will continue to be the victim of this fear. This fear is then a negative energy that paralyses your intellect as a result of which your concentration and your decision-making power reduces. It also disorganizes your ideas, and confuses you whenever you express yourself in front of a person or people. What is more, fear produces clumsiness in your words, body movements and actions and makes you lose your image of credibility. It gives an impression of nervousness and low self-respect to the other. You have to overcome it, and you will manage to do it with practice and by changing the vision that you have of others: they are not a threat, they are not judges who are going to pass a judgment against you, they are offering you the opportunity to express yourself. **If you value yourself, you will not be afraid of not being appreciated by them and others will finally appreciate you.** If you do not value yourself, the opposite will happen.

Message for the day

The one who is free from expectations is the one who is constantly cheerful.

Expression: Usually I am quick to perceive my own desires and I do realise that desires give sorrow. So I make effort to overcome them. But most often I am not able to recognise my own expectations that I have from people which destroy my own cheer. My expectations from others prevent me from bringing about a positive change in myself.

Experience: I need to recognise that each and every individual is unique with his own unique specialities and values. When I recognise this uniqueness I will not expect people to behave according to what I feel is right but will respect them for what they are. Thus I'll be able to be constantly cheerful.

In Spiritual Service,
Brahma Kumaris