



## Lightness

Move through life with lightness, touching the hearts of others without leaving a mark.

## The Power Of Concentrated Thought (cont.)

**Yesterday we had discussed external influences. Some of the internal influences or voices include the influence or voice of:**

- \* selfish or impure desires of name, fame, revenge, greed, remaining in control of a situation or a person or dominating a situation or a person;
- \* the ego;
- \* the past;
- \* our inner conscience;
- \* pure desires;
- \* the Supreme Being or God;
- \* our worries of the present or of the future;
- \* temporary negative *sanskars* or personality traits;
- \* original or inherent positive *sanskars* or personality traits;
- \* attachments to people, situations, material objects, etc.;
- \* jealousy or dislike for a particular person, etc.

We are exposed to some or all these influences, whether external or internal, all the time. **If we are not strong, our mind weakens under so many influences, which as a result, becomes unclear, confused and unfocused. Because of all of this, on the one hand, we need to have good judgment power to remain connected to what is essential, important and true, and on the other hand, you have to strengthen your thought, that is, think less; think more slowly; more concentrated and clearly with focus, a sense of purpose and positivity.** That thought is like an arrow; it has positive force and clarity and it always bears powerful fruit. This kind of thought is called concentrated thought. The practice of introversion or meditation for a minute or few minutes at regular intervals during the day helps us remain above all influences and constantly feeds our mind with the power of silence, which helps us remain in this experience of concentrated thought easily.

## **The best way to teach is to become an example.**

People are ready to learn, but they need to see an example which they would follow. So, instead of just telling what to do, the better way of teaching is to lead by example. Not only will I be better off because of this, I will also be able to contribute positively to those around me. Added to this, there would be no negative feelings involved. Today I will think of one change that I want to bring in others. I will check if I need to bring into my life first. I will then work on bringing that change first and only then inspire or tell others to do it too.

## **Soul Sustenance**

### **Virtues / Values / Qualities**

Take one of the following virtues or values (qualities) per day and spend five minutes thinking about its meaning and its application during the day.

Harmony (Unity)

Forgiveness

Trust

Flexibility

Courage

Gentleness

Freedom

Understanding

Benevolence (Kindness)

Patience

Enthusiasm

Tolerance

Serenity (Peacefulness)

Co-operation

Generosity

Humility (Egolessness)

## Message for the day

**The one who is constantly flying with zeal and enthusiasm brings progress in others too.**

**Projection:** Whenever problems come my way, I tend to feel heavy with waste and negative thoughts. At that time I am not able to feel free and light. When there is heaviness in my mind, I can't move forward with enthusiasm and thereby find it difficult to contribute for others' progress too.

**Solution:** Whatever the circumstances I am faced with, I need to make special effort not to reduce my enthusiasm in any way. The more I am able to be enthusiastic, the more I am able to contribute to the progress of others too along with my own progress.

In Spiritual Service,  
Brahma Kumaris