



On the Edge, Mount Blanc, France

Goals

Goals offer structure and motivation but are you aware of your own value without those goals? Who are you without goals?

A pure state of mind brings tirelessness.

A pure state of mind means being positive in spite of the situations. When the mind is clean and pure, there is energy in the mind and so the body too. Even there is exertion in the body, the power of the mind can recharge the body. On the other hand, negative thoughts drain us of energy and enthusiasm. Today I will keep my mind clean. I will not let any negative thought creep in. I will focus on what is positive. Even if I am exhausted physically, I will take some time off to make my mind positive, peaceful and powerful. This will help me rejuvenate and re-energise.

Filling Myself And Others With Invisible Treasures

Soul consciousness or the awareness of the soul is the key to the internal treasures of the original and eternal qualities of the soul. **The moment I switch on the awareness of the soul**, a spiritual point of subtle light or energy, situated at the centre of the forehead, **I start accessing the qualities of peace, love and joy that lie hidden inside my consciousness.** Since these are not physical treasures, they are limitless. It's like suddenly I become an owner of an ocean of these qualities. The ocean is inside me and not anywhere outside.

When we hear the word 'ocean', the first characteristic that comes to mind is limitless. So suddenly I am the owner of an ocean of peace, love, power and bliss. I can draw and drink as much of these qualities as I want and these qualities will never get over, because an ocean is an unlimited, tireless and big hearted provider or giver, never expecting anything in return. The ocean will never refuse me, but, as stated above, the key to accessing the ocean is the awareness of the soul. It is a common experience of many that the moment we are in the consciousness of the body, we suddenly feel empty of these treasures and we experience emotions of peacelessness or sorrow or hatred or jealousy or powerlessness or fear etc., because in those moments, we have lost access to the ocean.

(To be continued tomorrow...)

Soul Sustenance

The Art Of Tolerance (Part 2)

In the *Ramayana*, Mahavir Hanuman has been portrayed as carrying a great mountain in his hand as if it were a ball. It does not matter if the problem, obstacle or storm seems like a great mountain: one need to turn something that appears as big as a mountain into a small toy, and overcome it as if it were a game. Making something big very light makes you also feel light. Don't turn a small stone into a mountain; turn the mountain into a ball. **To take the expansion to its essence is tolerance.**

Expanding obstacles and problems in your mind or speaking of them to others means to create mountains. Don't go into expansion: put a full stop and turn over the page of life and that way you will advance.

A tolerant person is always capable of taking expansion, problems and obstacles to their essence with knowledge, meditation and silence. When you choose the longest road, doing so consumes more and ends up by exhausting your time and energy.

Expansion is the longest road and the essence is to take a shortcut. Both work in order to get to the other side, but those who take a shortcut are able to save their time and energy, they do not get discouraged. They constantly enjoy themselves and overcome everything with a smile. That is being tolerant. When you have developed the power of tolerance, you do things with pleasure. We are not referring to the physical pleasures but rather to living a life with pleasure in your heart, and that way you will be able to transform any situation or task from confusion into pleasure.

(To be continued tomorrow ...)

Message for the day

To be free from weaknesses is to move forward constantly.

Projection: Most of the times I do win over my weaknesses and achieve progress but sometimes I find that I am defeated at the wrong moment by my own weakness and I experience failure. So instead of finding the progress that I should I find that I am moving back.

Solution: In order to bring benefit to others and to myself, I should recognize and remove even the last trace of weakness that is working within me. For that I need to have a constant checking about the real cause of the weakness and remove it. Such checking and changing helps me to overcome my weaknesses.

In Spiritual Service,
Brahma Kumaris