



## **Determination**

Determination brings the strength to continue, the steadiness to succeed, and the wisdom to slip past difficulties undisturbed.

## See their Specialties

Sometimes people are not able to use their specialties. But even at such times if we have the ability to see their specialties, we will have the ability to give courage and enthusiasm to them. We can provide them with such an environment that allows their own growth. So whatever the circumstances may be, there is progress. When we are able to see the positive aspect of others, we can keep our mind free from a major portion of negativity. The potential of our thoughts can be used fully for our own inner progress and we can therefore make a contribution for the others too. This earns us blessings and good wishes from others, which further enhances our own progress.

## Fulfilling The Criteria Of Positivity

What is the best way to define **positivity**? What, for you, is a **positive** thought, word or action? **We could define positivity as something which leads me as well as others towards to a state of truth. A state of truth for me as well as any and every soul is a state in which it is an embodiment of the virtues of peace, love, joy, purity and power i.e. a state in which these virtues exist inside the soul to the fullest extent.** As a result, in this state of truth everything that flows out of the soul or everything that it radiates or every thought, feeling, word or action that it creates, speaks or performs, is filled with these qualities. This state of truth is the original state of every soul.

All these qualities are connected with each other. One quality attracts the remaining qualities towards itself automatically. **So, when I, through any medium, bring myself and others, whom I interact with, close to this state, to whatever extent, then that is positivity.** If my thought, word or action takes me and others away from this state of truth, then that is the opposite i.e. negativity.

(To be continued tomorrow ...)

## **Soul Sustenance**

### **Understanding the Mind and Its Functioning**

The mind is a faculty of the soul, the main function of which is to produce thoughts. The thoughts we create are energy. In one day we produce an average of thirty to forty thousand thoughts. How much energy does this represent? What do we do with it?

The mind works constantly, even when we are sleeping. We cannot separate ourselves from it, it is our inseparable companion. If you study your mind you will see that, as well as thinking, it imagines, remembers, dreams, associates, desires and even produces your feelings.

If you think about some incident that made you unhappy ten years ago, you will feel that unhappiness again, perhaps even more deeply than before. If you think of something that made you happy, you will also feel that happiness when you repeat the event in your mind.

If you create positive thoughts about yourself, you will feel good and your self-esteem will be strengthened, and if you create negative thoughts, you will feel depressed, with low self-esteem. The mind opens up the way to the self. By creating the right type of thoughts you can open up your inner potential again, and rediscover that as people we are full of positive qualities.

## Message for the day

**To be free from desires is to have the experience of attainment.**

**Expression:** The more there are desires, the more it becomes difficult to appreciate what is there and what is attained. Life becomes a constant struggle for attaining something else. One desire is fulfilled and before it can be appreciated all energies are focused on the fulfillment of ten other desires.

**Experience:** When I continue to run after desires, I am not able to have the experience of having attained anything. Running for desires is like running after the shadow, I can never get it. But when I turn my back on it, it runs after me. If I am free from desires, I am rich because I am content with whatever little I have and I am happy putting in effort to be better with that little.

In Spiritual Service,  
Brahma Kumaris