



Health Challenges

When you're facing a health challenge, whether it's flu or something more serious, give the body time to rest and recuperate.

As well as medical care, nourish the mind with positive thoughts; keep your head calm and your heart happy.

This will help the body's healing process.

Unselfish love

The one way to change others is to deal with them with love. When you have love for others, you will have good wishes for them. Your desire to change them will then be for their good and not for your own selfishness. Others will quickly respond to your unselfish love and you'll find them changing. Think of one person you want to bring about a change in. Before you think of changing that person let there be a lot of love for that person in your mind. Also make sure the change you want in the other person is for his own good and not for your own selfish reason.

To Complement And Not To Compete (cont.)

We all have a place within this beautiful embroidery of life; let us know it, enjoy it, express it as our right, but never overdo it because we feel our role or position is more advanced, or better than others. Sometimes, when there is a sense of personal or collective emptiness, there is the need to be recognized, which creates attachment to your own talents, role or virtues.

We have to learn to **complement** rather than **compete**. **Nature works on the principle of complementarity.** This can be seen with the seasons, day and night, the continual cyclical process of birth, growth, maturity, decay, death and rebirth. Even our bodies work on this principle. Look at the face! Each face has two eyes, one nose, one mouth, two ears, all in the right position and functioning in an appropriate way. Which of these is more important? Would you say the eyes are more important, so you would prefer to have three eyes and no nose? Or would you say the nose is more important, so you would prefer to have three noses and no ears? We cannot think like this because it is absurd and illogical. Each feature has equal value and **when we recognize the equal value of all things, then we stop being illogical - comparing, competing, feeling superior or inferior, or striving to be what we are not.** In a society that functions, can everyone be a doctor, an engineer or a farmer? Everyone has different talents and positions because different tasks have to be fulfilled if the whole society is to run well. If we examine life carefully, we realize that the recognition of this principle of complementarity is the basis of creating a peaceful and happy coexistence, because the vision of equality respects and honors the differences.

Soul Sustenance

Self Empowerment

To fill your self with a quality or power, which you feel you do not have or one, which is lacking inside you, try the following exercise. Suppose you feel that you lack contentment (satisfaction). To increase this quality inside you, sit comfortably in a pleasant room with your eyes open.

Withdraw (remove) energy mentally from everything around you – turn your attention inward. You might think of how a tortoise withdraws into its shell to detach itself from the outside world, but carrying the experience of the world with it inside its shelter.

Create a point of consciousness. Focus on the centre of your forehead. Think of this point as a bright star, a sparkling jewel, a flame or a being of light. This will radiate positive energy, making you feel good about yourself.

Affirm (strengthen) this positive energy through positive thoughts and images about yourself such as * I am a contented soul, I shower everyone whom I meet with the quality of contentment, * I am a jewel of contentment, or * I am the child of the Supreme Soul, the Ocean of Contentment.

Focus your energy on contentment, and let this become the object of your meditation. As you focus, you will give contentment life, turning a thought into a feeling.

Experience this feeling by giving your conscious attention to it.

During the entire day, you could visualize yourself performing each action in the canopy (shelter) of the Ocean of Contentment.

Now perform this exercise for different virtues like cheerfulness, courage, humility (egolessness), tolerance, forgiveness, determination, etc. especially for the ones you think are lacking inside you. For the qualities already existing inside you, you could use this exercise to strengthen those features of your personality and bring them more into your actions and interactions.

Message for the day

To live in the present is to be free from the influence of the past.

Expression: Many times the past keeps coming back again and again in the mind, influencing the present too. The present is lost in thinking about the past. So there can be nothing done to enjoy the present. All words and actions then are totally coloured by the past. Instead the one who is able to free himself from the influence of the past is able to move positively towards the future.

Experience: To be free from the influence of the past it is important to have a powerful consciousness of the present. To be able to be free from the influence of the past is to forget the past. Because there is the understanding that it is gone. Also there is no worry about the future. When I am able to learn to live in the present I am able to discover how full it is of peaceful moments.

In Spiritual Service,
Brahma Kumaris