



## **Self-Talk**

How do you talk to yourself? Thoughts from the past and worries about the future do not create good conversations. Instead talk to your mind with love.

## Accessing Spiritual Power

**In the inner depths of the soul there is pure, spiritual power of peace, love, wisdom and un-conditional joy. This power provides us with the inner strength needed to change. But how do we access this power? Meditation is the method** - it allows this power to come to the surface of our consciousness and into our minds and influence our thoughts, feelings and personality. In the same way as lava flows from the inner depths of the Earth to the surface through a volcano, we can also create volcanoes of spiritual power when we meditate. Note, though, that we want to use our power in a positive way: we are not seeking the kind of power that is physical in nature and may cause damage, we are seeking spiritual power.

When we get access to our own personal source of the power of peace, love and happiness, we essentially become free of any dependency on external sources for feelings of the same. When we generate our own feelings of love and self-respect, we stop being dependent on others and our addiction to their acceptance and approval reduces and finally disappears. When we generate our own feelings of contentment and joy within ourselves, we become free from the need for substances, places or physical experiences in order to be happy.

**Using this inner power in the right way allows us to uproot or remove completely the old negative habits within our personality.** Any unwanted habit can be changed and the scars of all the negative habits, which have developed within the soul over a long period of time, during the journey of birth and rebirth, can be healed in a short time span.

## Gratitude

The intention and the action of gratitude is the inner symphony of the heart. It opens to sing with thanks for the smallest of things. To hear a bird sing, to see a child laugh, to receive a friend's affection - are all invitations to practise the attitude of gratitude. Gratitude is the kind of loving thanks which touches another's heart in a place where they will allow you to reside for a long time.

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## Soul Sustenance

### Ways of Improving Communication - Part 1

\* **Listen with both ears.** I should be an active listener by tuning in fully and being present fully with the person and with the moment. If I am not, I listen through one ear and let it out of the other, or I only half listen, which finally creates misunderstandings.

\* **Understand where the other person is coming from.** Do not just assume, imagine or judge; when we do this, our critical vision prevents others from expressing what they wish to say. Then, because of wrong or half-right assumptions, others are not given the possibility to improve, or express, outside the boundaries of what we think of them. To give others a true chance to express themselves, we must not place our own boundaries around them.

\* **Think before speaking.** This is not something new, but however often we hear it, we forget to apply it. To think before speaking means to show consideration to the other and then we say the right thing, at the right time, in the right way.

(To be continued tomorrow....)

## Message for the day

**To be free from the identification with negativity is to be always light.**

**Expression:** The one who identifies with his negative traits is always thinking about it. There is a trace of this negativity that is seen in everything he does or talks. He is not able to be free from this negativity because with each passing day the identification with it becomes stronger. Slowly others too start perceiving him in the same way.

**Experience:** When I am able to be free from the identification with my negativity, I am able to be constantly light. There might be situations or people who might provoke my negativity, but I am able to maintain my inner positivity. This is because I have managed to finish my identification with the negativity.

In Spiritual Service,  
Brahma Kumaris