



That Gift Called 'Faith'

When I am continuously being battered by the storms of life, and my very spirit is ebbing away, then all I need to do is hang onto that gift called 'Faith', that one support which will weather the storms. Faith does not depend on a clever head, only belief: belief in the self and the strength that lies within. Faith is the seed of victory and the foundation of making the impossible possible.

Fulfilling Desires By Changing Your Belief System (cont.)

We have been holding a lot of incorrect beliefs as to what can lead us to back to our eternal and original state (these states were discussed in yesterday's message) and many of our actions are based on these beliefs. We have mentioned a few examples of incorrect beliefs below. There are many more, which you could reflect on.

Lust and attachment increases love in a relationship.

Anger is necessary for success in relationships and is important for getting work done and gaining respect. It provides a mental upsurge of energy.

Greed attracts physical prosperity and brings happiness.

Ego is power; a person with no ego is generally timid or submissive.

Worry prepares us for the worst, worrying for someone close is expressing our love for them.

Being emotional and crying for our loved ones in bad times, is expressing love for them. Being emotional and crying in good times is expressing and experiencing joy.

Gossiping increases social bonding and gives one an experience of joy.

Jealousy inspires us to do better and achieve more.

The Supreme Teacher changes our belief system and not only makes us aware of these incorrect beliefs but reconditions us by incorporating correct beliefs inside us so that we start performing *karmas* or actions based on them and start progressing towards our eternal and original state.

Soul Sustenance

Discover Your Inner Mentor (Guide) – A Meditation

If you can become your own mentor (guide), a mentor that you would always have liked to have, then you will experience life as an exciting adventure. What would happen if you had someone in your life that walked with you each step of your way, loved you unconditionally and supported you without putting conditions, even when you were wrong? What would happen if you felt absolutely safe, secure, cared for and loved? Would you be more willing to accept the challenges that life brings forth in front of you? Would you take on your life with greater responsibility and confidence?

Your internal mentor is a part of you and is always present, always kind, always loves you, is always there for you. If you still haven't met it, take a moment to guide yourself through this **meditation exercise**:

1. Relax your body and allow yourself to be fully present, here, reading these words, listening to the sounds around you, feeling what you feel. Read slowly!
2. Now send love to each part of your body: your feet, your lungs, your back, your face, your eyes, your nose, until you feel the love from your feet to your head.
3. Now send love to each thought that appears on the screen of your mind, visualize how your energy is concentrated at the inner part of the centre of your forehead. See the screen of your mind, and try to make each thought that you generate full of the energy of love that is slowly invading you. The energy of love is present in each thought that appears in your mind. Love what you yourself create: each thought.
4. **By practicing the above exercise, you emerge *sanskars* inside yourself of giving unconditional love and support to your own self. This is a way to awaken your inner mentor.** As you practice spending time with yourself in this way, you will start to see that your insecurity and your fears begin to disappear and new possibilities open up in front of you.

Message for the day

To appreciate variety is to harmonise.

Expression: When there is recognition that each human being is unique with his own unique set of capabilities, there is the ability to respect him for what he is. Then all attempts are made to harmonise with him instead of trying to make him just like oneself. So energy is channelised in the right direction and one becomes an inspiration for others too.

Experience: To appreciate variety means to see the beauty and specialities of each and every individual. It means to appreciate the natural positive qualities in everyone and learn to blend my own qualities with theirs. This gives me the satisfaction of the beauty of relationships, because there are no expectations and no disappointments.

True love

True love is free from expectations. When you discover the love within you, you can continue to give. Whether the other person gives or not, true love enables you to give unselfishly. Let today be the day for discovering and giving others the love within you. Make sure you do at least one act that shows your love towards anyone around you. Feel the love flowing from within to the ones around you.

In Spiritual Service,
Brahma Kumaris