



Tornado colored by the Rainbow

### **Bright Hope**

When things look bleak, bring back hope. How?  
Find a bright spot and shift from bleak to bright.  
When you feel brighter, you feel hopeful.  
Have hope. Hope for a brighter future.  
Hope doesn't sit around 'hoping for the best'.  
Hope allows you to be clear eyed, so that you can recognize opportunities,  
and take action - because your future begins with what you do today.

## The Power of Silence

It is when we silence the chattering of our mind that we can truly hear what is in our heart and find the still, clear purity that lies within the soul. Spiritual love carries us into the silence of our original state of being. This silence contains the power to create harmony in all relationships and the sweetness to sustain them. And it is when we are silent that we can let God into our heart and mind, filling us with peace, love and power.

## The Method Of Realizing Your Purpose

Throughout our daily routine right from the time we wake up till we go to sleep at night, we all always have something to think about, to say and/or something to do. We are occupied and are busy. The question is whether everything that we do forms part of our life purpose or whether we are simply occupying time spaces and using our mental, verbal and physical energy in activities, tasks and conversations that do not lead us to anything substantial or whole. We simply pass time doing and talking, but without a sense of purpose. **Although the things we do and/or speak about are necessary to be done, if they do not make up part of our life purpose, they will tire us. We will feel an inner emptiness and dissatisfaction, as if we are missing something.**

The most authentic purpose is that of fulfilling our ideal, our dream in life. What happens is that, sometimes, we haven't worked out what our true purpose or life dream is. **We have to ask ourselves what our true purpose is. There are two purposes - one is a purpose related to the self and the other related to what we want to offer to the world.** During the day we are exchanging energy - each one of us is different and can give something to the world during this exchange; each of us can play our musical note in order to contribute to the orchestra of the Universe.

## Soul Sustenance

### Important Understandings On Reincarnation (Part 2)

5. Each time a soul leaves an old body and takes a new birth, it carries its *sanskars* from the old birth into the new one. Other *sanskars* that can be present in the new body (apart **from the ones from the previous birth**) are:

- ***sanskars* from parents**
- ***sanskars* accumulated during the new birth** e.g. from siblings (brothers or sisters) or from friends, also those picked up during education and more
- ***sanskars* of will power** (the ability to bring about changes in the self using will power)
- **original *sanskars*** of peace, love, purity, bliss, joy and power (the ones that were present in the soul when it first came down from the soul world into the physical world to play its part)

Out of these five types of *sanskars*, in each soul, the *sanskars* that are visible at different stages of life are varied e.g. in some soul, *sanskars* may be completely different from the ones the parents possess, because the *sanskars* from the previous birth are more visible; in another soul, *sanskars* of will power may be intense, the soul may have brought about a lot of transformation in its personality since the time it was born; in a third soul *sanskars* from parents and friends may be most visible; in another soul, practicing meditation, original *sanskars* may be more visible, etc.

(To be continued tomorrow ...)

## Message for the day

### Good actions form a good character.

**Expression:** When there is any wrong action performed, there is a lot of guilt and remorse. Such negative feelings persist, colouring negatively all future actions also. So the regret doesn't help in changing anything at all or improving the situation in any way. Instead it further deteriorates the situation. On the other hand, positive actions consciously performed forms a good character.

**Experience:** At a time when I do something wrong, if I intentionally and consciously perform a good action, it becomes a base for the old feeling of guilt and remorse to be gone. It is like an audiocassette. When something new and nice is recorded, the old unwanted recording vanishes. So when I record in this way, I will be easily able to do away with my old unwanted habits.

In Spiritual Service,  
Brahma Kumaris