



## **Happiness**

The happiness you give makes you happier than the happiness you receive.

## How would you define contentment?

One definition of contentment, could be:

“At the present moment:

- \* **wherever you are is wherever you are meant to be,**
- \* **whatever you are doing is whatever you are meant to be doing and**
- \* **whatever everyone else is doing is what they are meant to be doing.”**

To experience constant contentment, we need to become aware of all the things that make us dissatisfied and free ourselves from those things (ideas, opinions, objects, people). We don't have to reject them or distance ourselves from them, but a detachment from them, a detachment at the level of the consciousness that will bring back our inner freedom.

Detachment is then accompanied by the experience of a deep, inner awareness of satisfaction and stillness, because you stop being dependent on anything or anyone outside ourselves.

It is highly unlikely that we will arrive at this deep state of fulfillment very soon - though we may touch it and experience it temporarily. It is only by understanding and accepting completely that everything is the way it is meant to be at every moment, both outside our minds and inside our minds that we move closer to being content.

## **The Power Of Concentrated Thought**

The thoughts that we create are of different nature, different intensity and their quantity also varies from time to time during a particular day as well as night and also depending on what action we are performing at that particular moment of time or not performing any action at all. **They possess immense potential or power, both positive and negative. They can either liberate (or empower) us or limit (weaken) us. This depends on what we think and how much we think.**

The mind tends to jump from one place to another. Many of our thoughts filled with doubts, dejection, fears, insecurity, irritation, worry, comparisons which give rise to emotions like jealousy or inferiority / superiority complexes, desires, un-enthusiasm, etc. are useless thoughts and weaken us. They defocus us and cloud our inner clarity. Sometimes we keep repeating certain type of thoughts inside our mind, we keep going round in circles. Most of the time, these repetitive thoughts are negative or waste in nature related to the emotions mentioned above. Sometimes the repetitive thoughts can be necessary or positive also. Even necessary and positive thoughts, when repeated again and again, turn into the superfluous (excess) or waste. So it's important to think in a higher, concentrated way - think less and think powerful; such thoughts have a lot of clarity, focus and spiritual force that help us to put them into practice more successfully. **A single thought or a series of thoughts can block the capacity to feel content and awakened spiritually and make us sorrowful. On the other hand, a single thought or a series of positive thoughts can be the key to open the door that allows us to access, enjoy and experience the richness of our inner self. But it has to be a pure, strong, clear and concentrated thought or thoughts.**

(To be continued tomorrow ...)

## Soul Sustenance

### Understanding What Are Karmic Accounts

We are not individuals acting alone in this world drama; we act in this extraordinary drama or play of life with other actors or souls who (along with us) play their different roles with different physical costumes at different times in the drama. **During the process of interaction with other actors (souls) and according to the type of interaction with them, we create accounts of debit or credit that become the basis of our connections with others.** The reasons for which a specific relationship goes well or not are in the so called *karmic account* that I have accumulated with the other person in the past. The past could be in this birth alone or in one or many previous births. **The souls that play the parts of parents, children, husbands, wives, brothers, sisters, friends, office colleagues and others whom I know form a network for the giving and receiving of happiness and sorrow from accounts established in the past or being created in the present.**

The strongest relationships that I have now were established previously. We knew each other in other lives and but in different roles. The daughter of some births ago returns now as the father, the best friend comes back as the sister etc. As long as the account exists, the interchange of actions between two souls continues. When there is nothing more to give or receive, the paths between the two souls separate by death, a break-up, a divorce or simply by the loss of contact. An e.g. of this is our school friends. Many of our friends whom we were close to in our school days, we are not in touch with today. Another e.g. is when we change jobs; we might lose complete contact with our old colleagues.

## Message for the day

**To be free from waste questions is to save time.**

**Projection:** When difficult situations come my way I usually have a lot of questions in my mind about it. I continue to ask myself why the situation has come and have no answers. These questions usually bring me no solution for the problems at hand but I continue to have waste thoughts.

**Solution:** I need to understand the importance of the time that is in my hands. When I recognize the value of my time I will not waste time in unnecessary thoughts but will try to find a solution for the problem. If there is no solution for the problem I at least just stop thinking unnecessarily and just accept it.

In Spiritual Service,  
Brahma Kumaris