



Tulips in Snow, Jeremy Ranch, Park City, Utah

### **Focus On the Good**

Find at least one good quality in everyone, no matter how many defects are visible to you. The more you focus on the good, the more power you give to people, the sooner they will be able to change.

When you have a strong aim you automatically receive the cooperation from others.

When you take up a task, check if you are able to receive the cooperation from others. If not, check the strength of your own aim. The stronger your aim, you will find others coming forward to help you fulfill your aim. Each morning remind yourself of the aim that you have to achieve. List out mentally why fulfilling that aim is important for you. This will further help in strengthening the aim.

### **The Creations of the Mind**

Scientists have learned a lot about our physical functioning, but most admit that what actually keeps a human being alive is a mystery not completely solved. Rising above being just a product of chemical and electrical activity in the brain, as believed by many of us, spirituality orients me and trains me to come close to my real self, my spiritual self. Before I was a stranger to my own self, unaware of what is going inside my consciousness and distant from my own self. The first step in coming close to myself is that I learn to use the energy of my mind in the most effective way possible. For this, I decide to find a place where, each day, I can sit for a few minutes without interruptions, in order to focus on the self and explore the inner world of the creations of the mind - my thoughts, feelings, attitudes and emotions.

There has been a lot of conflicting views in the world about what the mind is and how it works. In the teachings of meditation by the Brahma Kumaris, the mind, which gives rise to my thoughts, feelings, attitudes and emotions, is seen as a faculty of the soul, not the body. It is rather like the difference between a television set and the movies seen on that set. The movies originate in the minds of the directors, not in the television set itself. The television set is just a medium for displaying the movies. So it is with all these four creations (thoughts, feelings, attitudes and emotions). These originate in the non-physical consciousness and not in the physical brain. The brain is just a processor of them and the body is a medium via which all four are displayed or brought onto expressions, physical gestures, words and actions. When I realize this, and really understand this difference, it is very empowering. I am then able to use the power of discrimination to make choices between thoughts, feelings, attitudes and emotions that are useful and empowering for myself and others, and those that bring me down.

## **Soul Sustenance**

### **The Method of Realizing Your Purpose (Part 1)**

Through out 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.

### **Message for the day**

#### **Anger comes where there is discontentment.**

**Projection:** When we don't get what we want or when people don't do what we expect them to do we experience discontentment. When there is discontentment, when our desires aren't fulfilled we experience anger. Then trying to do away with anger without knowing the actual reason, doesn't work.

**Solution:** When we find ourselves getting angry with someone or some situation, we need to first check what is the true reason for our anger. Once we find the cause of it, which is some expectation of ours, we will be able to work at overcoming it. we will then be able to get rid of our anger too.

