



Harmony

Love dissolves hate.

Kindness melts cruelty.

Compassion calms passion.

Co-operation evokes love and when we bow, others bend.

This creates harmony.

A New Journey With A New Personality

Anyone who shows an inclination in getting to know the Supreme Being closely has a fascinating journey in front of them. **Spiritual knowledge is the vehicle in which I make this extremely interesting journey full of exploration. Without sitting in the vehicle, I cannot make the journey.** As I sit in this vehicle, I am introduced to this new, multi-faced, peaceful, loveful and blissful character in my life, a character who is spiritually rich with treasures of knowledge, virtues, powers, happiness and blessings, a character commonly called God, by everyone.

He is a character who introduces himself as being just a point of conscient light, a form very simple and plain. **Yet, hidden beneath that simple light, incognito form is an immense volume of experience, wisdom and depth, such that even a lifetime spent in this journey, in his company, does not bring you to knowing him completely.** The more you dive into the ocean of knowledge contained within the light, the more you discover and the more treasures of knowledge and experiences you receive. **Every time you make contact with this new found companion called God, there is growth inside you and there is an increase of peace, love, happiness and power inside you.** It's just as if after you've begun this journey, you're never quite the same again. However much time you spend in his company during the journey, whether it be in imbibing knowledge from him or remembering him during meditation or even sharing the benefits of this journey to other friends and relatives so that they can also start this journey themselves and experience what you are experiencing; whether you do either of these for a few minutes or an hour, there's always an experience of subtle growth and development inside you.

(To be continued tomorrow...)

Determination

When difficult situations come our way, we generally are not able to be confident of our success. So although there is a chance to do something, we are not able to give our best. Each new situation is perceived as a threat. Once fear creeps in, the situation further worsens and all chances of success are gone. When we are determined we become confident of our success. With this confidence we are able to do everything necessary till we succeed. We never let go of anything half way, but see to it that the task is completed. With every obstacle our determination further increases, thus enabling us to progress at every step. So we find ourselves getting better and better and there is success for us constantly.

Soul Sustenance

Understanding and Overcoming Fears (cont.)

Listed below are some of our common fears:

- Dying
- Getting ill
- The unknown
- Loneliness
- Other people
- Authority
- Being rejected
- Being hurt
- Failure
- Change
- The future
- Being
- Being free
- Thinking and being in a different way
- Losing control
- Dreaming and making our dreams real

From these fears many other fears and blockages emerge.

Message for the day

The one who is aware of one's fortune enables others to experience their fortune too.

Expression: To be aware of one's own fortune means to appreciate and use all that one has. Also when there is the awareness of one's own fortune, there is a natural tendency to help people become aware of what they have and how they can benefit from it. So the one who is fortunate becomes a giver.

Experience: When I am able to recognize my own fortune, I am able to have the joy of being a giver constantly. Whatever the circumstances, I am able to give knowing that I am fortunate. But never is there dependency created on me, because my help is to make them aware of their fortune too and make them independent.

In Spiritual Service,
Brahma Kumaris