



Happiness

It is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

The Real You

People are often unreasonable, self-centered: Forgive them anyway. If you are Honest, People may cheat you, but be Honest anyway. What you spend years to build, someone could destroy overnight. Build anyway. The good you do today, People will often forget tomorrow. Do Good anyway. You see, in the final analysis it is between you and God; it never was between you and them anyway.

Soul Power Over Role Power (cont.)

Continuing from yesterday's message, **the various components of soul power are:**

The power of inner silence or the silence of my mind - Silence is a power. The fewer the thoughts in my mind and the more powerful, positive, peaceful and focused they are, the more my mind will contribute to the success of the role on a subtle level. My silence is regularly tested when faced with negative situations or obstacles. The more successful I am in maintaining this stage in such situations, the more is my treasure of silence collected over a period of time and the more positive the influence of this silence will be on my physical role and the success of various tasks connected with the role.

The power of inner and outer carefreeness, happiness and contentment - Happiness not only inside but also giving others an experience of the same through my face, my eyes, my words and actions full of lightness and enthusiasm, etc. while coming in contact with them. Ensuring I am content with myself and others and also others are content with me. Regular periods of discontentment or unhappiness either within me or in my relationships affect the success of my role adversely.

In tomorrow's message, we shall explain the remaining components that make up soul power.

Soul Sustenance

Positive Thinking

What Stops You from Being Positive?

There are many reasons that make it difficult to produce and hold on to positivity in your mind and attitude. The external information we receive is mainly negative, and our thoughts and conversations are based on this information. Other causes include:

- * Other people's negativity rubbing off on you; Other people's criticisms influencing you;
- * Self-doubt;
- * Lacking clear objectives in life;
- * Not having recognized your true qualities, virtues and values;
- * Lacking self-confidence;
- * Not believing you are a positive person;
- * Keeping the past in your mind;
- * Being egoistic;
- * Comparing yourself with others;
- * Having low self-esteem;
- * Being frustrated or irritated;
- * Lacking flexibility or tolerance with people or situations, etc.

Message for the day

To look at and appreciate specialities is to become special.

Expression: Life constantly offers opportunities to look at specialities. The one who has the habit of looking at these specialities is able to imbibe these specialities within himself. He is able to become more special with looking at only specialities constantly. So also, the one who looks at others' weaknesses subconsciously imbibes those weaknesses within himself. And these weaknesses are expressed in one's actions too.

Experience: When I form a habit of looking only at specialities, I am able to become richer. My personality changes positively as I have imbibed the habit of looking only at the positive aspects of the others. Also for having looked at others' specialities I find that others also begin to look at my specialities. Thus I am able to win the love and regard of all, and I become truly special.

In Spiritual Service,
Brahma Kumaris