



Dadi Janki, Administrative Head of Brahma Kumaris, celebrates her 100th year

### **A Long and Healthy Life**

There are three ingredients for a long and healthy life: live with attention but without worry, use time in a worthwhile way, keep your thoughts pure, positive and filled with strength.

## Inner Peace

When I begin to create new thoughts in challenging times, I am able to be happy and peaceful.

I don't have questions related to the situations, but I am able to find the solutions in my mind.

This inner peace naturally creates a peaceful environment around me.

## Action And Purpose

In the day-to-day routine you can have different desires and want different things: what you want for today; what you want to do at the weekend; what you want to achieve with your professional career; the results that you want to get this year; what relationships you want to focus on. **But, at the bottom of all this, what is your purpose? What are you doing here? What do you want? Where do you want to go and how far do you want to get?**

When you open yourself within to answer these questions, you will see that the inner voice that answers you is the voice of your own consciousness and is connected to some value: what you want is to discover how to live in the truth and not appearances, what you want is to live from an inner space of love, what you want is to be free, you want peace. **If you listen to and follow this voice, you will come close to your wholeness and your contentment, because you will then align your energies: your vision, your intention, your motivation, your consciousness, with your action and your life.** Each morning, on looking at yourself in the mirror, ask yourself: "If today was the last day of my life, would I want to do what I am about to do?" And if for various days in a row the answer has been no, then it is a sign that you have to change something, given that your **action** is not aligned with your **purpose**.  
(To be continued tomorrow ...)

## Soul Sustenance

### Making Your Dream A Reality (Visualization)

I relax my body... I let go of all tensions... I reduce the speed of my thoughts... I relax my mind, my thinking... I let go of what doesn't let me be well...

What is it that I the soul truly long for? What do I want in my life?

I listen to the answer that arises from the inside of the self... I let the answer come out spontaneously... I don't worry about it...

I visualize what I want and where I want to reach... Now I fly; I fly towards the destiny that I dream of... I visualize myself being what I want to be, doing what I want to do... Without fears, without strings that hold me... I am who I want to be... I see myself like that, having achieved it... I enjoy some moments of this experience... I experience my dream...

I can achieve my dream... **I have to visualize it as if I had already achieved it... This strengthens my capacity to achieve it...**

Now I return to the present moment... I prepare myself to enter into action with this conviction... I will make my dream a reality...

### Message for the day

**The one who is a giver, has attention constantly on giving fully.**

**Expression:** When the system that I am working in doesn't let me give maximum benefit to the people around me or deprives them of their natural right, I tend to react negatively. I tend to become upset which doesn't help either of us in anyway.

**Experience:** When I remember and maintain the awareness that I am a giver, instead of complaining about the restrictions that society or people around me impose I continue to give those around me something that will make them happy. This could be in the form of kind and supportive words or at least an understanding smile. When I give in this way, it will make others too free from negative thoughts.