



Self-Acceptance

Self-Acceptance is an agreement with yourself to appreciate, validate and support who you are right now, even those parts you'd like to change. Look at yourself in the mirror. Take a moment to love and accept the person you see looking back at you.

Humility-2

Humility brings learning. Where there is humility there is willingness to learn. When humility is lacking, ego comes which doesn't let us learn from all situations and people. The power of humility enables us to learn and move forward. When I'm faced with criticism, I need to see what I can learn from it, instead of feeling bad about it. Even things that go wrong have something to teach me, if I am willing to learn. With humility I continue to learn.

Negative Control And Positive Influence

The power of influence in relationships is extraordinary, but it practically disappears when we try to exercise control and force.

You can influence anyone positively in many ways:

- * **encouraging,**
- * **sharing,**
- * **listening,**
- * **communicating in the right way.**

In **negative control** we generate stress, frustration and anger. In **positive influence** the energy flows in a relaxed way with harmony and is not threatening, respecting each one for their specialty and allowing each one to be as they are.

In order to influence positively we need the power of discrimination and judgement in relation to what to say and what to do e.g. when you believe that the other person is the problem; generally the problem is not what others say or do, but rather how you perceive them. The way that you judge is what creates your negative feelings about them. **We have the choice to perceive others as a threat, as a problem, or as an opportunity;** an opportunity for learning, for change, for dialogue and understanding. We can choose to have compassion (kindness); to feel that the other is a problem indicates a lack of compassion.

Soul Sustenance

Soul Power over Role Power (Part 2)

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.

Message for the day

When there is determination in my thoughts, the clouds of negative situations will fade away.

Expression: There are a lot of negative situations that come my way, as I am moving along. During the difficult phase I tend to experience a lot of negativity within too, either in the form of fear, anger or pain. At that time the difficulty seems very big and seems to last forever.

Experience: I need to recognize the fact that whatever difficulties I face are like passing clouds. These clouds come at their time and fade away at their time too. I need to develop the determination to work on my problems with this understanding. I will then be able to face the situation with ease.

In Spiritual Service,
Brahma Kumaris