



Colour your Life

Each positive quality within you is like a colour.
Orange represents thoughtfulness & creativity;
yellow - happiness & clarity; pink - love & compassion;
blue - serenity & reliability; red - strength & courage;
green - healing & prosperity; and white - truth and purity.

By emerging more & more positive qualities in your lives, you light up your life, & radiate that colour for others to enjoy.

Your inner potential offers you an unlimited colour palette.
Discover your own spectrum of colours.

Know Yourself

Only in relationships can you know yourself, not in abstraction and certainly not in isolation. The movement of behaviour is the sure guide to yourself, it's the mirror of your consciousness; this mirror will reveal its content, the images, the attachments, the fears, the loneliness the joy and the sorrow. Poverty lies in running away from this, either in its sublimations or its identities.

Uprooting The Emotion Of Worry

What is a good definition of **worry**? **Worry is a process of imagining the worst possible outcome or result or future in a particular situation and creating a living and active image of it in front of the eye of your mind, and then using the energy of that negative image to flow inside your consciousness so as to completely overpower or weaken your spiritual and as a result your physical self to evoke fear in the self.**

When people are asked about this process, a person who is attached to this process and is involved in the process very regularly the whole day in different types of situations, one who is a habitual worrier, responds "But it's important to worry, it's good to worry. If we don't think of different possible negative outcomes, how will we prepare for them?" **It's important to realize that the belief, that by worrying, we prepare for the worst in the future is a false one.** This belief causes us not to realize the truth that all worry is simply an incorrect and fruitless creation. It is a wrong use of the positive, constructive and imaginative capacity of our mind and intellect which, instead of empowering the mind and intellect, weakens it. Preparing for the future is important and necessary, but very often while doing that, we enter the territory of worry, which leaves us, defeated or weakened. There is an extremely fine line between proactive preparation (necessary preparation in advance) on the one hand and worry on the other. The preparation can be done without creating an excessive number of possible negative outcomes in the mind.
(To be continued tomorrow ...)

Soul Sustenance

A Powerful Consciousness Of Faith In Critical Situations (Part 2)

Having accepted the reality that negative situations in our mind, body, wealth or relationships will arise in our life from time to time (explained yesterday), a question arises what kind of consciousness do I keep in these kind of situations and how do I ensure that the situation does not overpower my consciousness. Because **only a powerful consciousness of faith or victory will keep me protected from the negative emotional (internal) and physical (external) influence of these problems but will also become the most important influencing factor which will help me in overcoming the problem and going towards the solution or attracting it towards me**, sometimes immediately and sometimes slowly, but steadily, without losing my inner stability during the period that I wait for the solution to arise.

What is a powerful consciousness of faith when faced with a negative situation? **“No negative scene or situation of any type in my life lasts forever and this scene shall also pass and I shall emerge victorious over it using the power of thought, the power of positivity, the power of spiritual knowledge, the power of meditation. Victory is my birthright and it is dead certain.”** This is in short a powerful consciousness of faith.

In tomorrow's message, we shall explain what is preventing us from keeping this consciousness of faith and how we can maintain it in critical situations.

Message for the day

The way to be rid of waste thoughts is to maintain a powerful thought.

Expression: When the intellect is accomplished with powerful thoughts, waste thoughts cannot enter. Only when the intellect remains empty that there is place for waste thoughts to enter. To be busy with elevated thoughts is to keep the mind free from waste. All it needs is to turn on the switch of one powerful thought, then wastage finishes. This is just like a switch which brings light and finishes darkness. Then there is no wastage in words and actions too.

Experience: When I make the practice of keeping a single elevated thought in my intellect, I am able to be free from the bondage of wastage. I find that a lot of time and energy of mine is saved. Even when there is an external situation of conflict, chaos and confusion, there is no internal chaos and there is only power in my thoughts. So I make decisions easily and quickly and I enjoy all the situations that come my way.

In Spiritual Service,
Brahma Kumaris