



Door of the Upper Courtyard at Dar Jamaï Museum, Meknès, Morocco

Optimistic Outlook

Optimism opens a door in difficult or hopeless situations. No matter what the crisis, an optimist maintains the outlook that it is a sign, time for a different way of thinking, or of doing things. Sometimes the signal has to be very clear even harsh, otherwise we may continue in self-delusion and not wake up. Of course if we lack optimism, instead of taking this signal as a step towards renaissance, complaint, resentment or even desperation will emerge.

Power of Truth

The power of truth within you will enable you to learn from all situations. When things go wrong you will be able to check yourself and improve instead of giving excuses to yourself and others. When you give excuses you will not be able to learn and progress. Take any situation that went wrong today. Check within yourself what your part was in the situation because of which things went wrong. Then correct yourself based on this understanding.

Being Dependent On The Look Of The Other

We have to trust that, being ourselves, we will be well-received and loved by the world. If we are here, why have we been incarnated on Earth? To satisfy the look of the other or to bring what is unique and exceptional in us? We all have two eyes, a nose and a mouth but no face is the same. We are all a being of conscious energy, a soul, but each one has a colour, an art, a creativity and something different to contribute. Let us trust in ourselves and use our talents to bring our difference.

You can be your best friend. Imagine that someone accompanies you in your life, values everything that you do and finds it to be great: what you do, what you say; you are the best; extraordinary; a shining being; a star. Now imagine that you have that person next to you day and night. How do you feel? On top form and you are fine. This happens in relationships. When someone loves you very much, they practically only think about you; they ring you, they send you text messages, maybe they write you letters or emails. You feel unique, special and loved. But this does not last forever and, nowadays, it lasts less and less. The difficulty is that if you depend on the look of the other to feel fine, sometimes you will be fine if the person looking at you does it well, but if not, you won't be fine.

How do you look at yourself? This unconditional friend that loves you so much and that supports you is what you have inside. You can be your best friend. This gives you security and trust. If someone else likes you or doesn't like you and criticizes you, you won't collapse within because to be fine you do not depend on the look of the other.

Soul Sustenance

The Inner Awakening Wave

Our beliefs either put us to sleep or cause us to remain awake.

Even if we are awake on a physical level, when we are asleep internally, without even realizing most of the time; we don't see others, situations and the world as a whole in their true light. We see, perceive and interpret reality incorrectly, which causes us pain. We perceive any sort of pain on the mental or emotional level to be normal and think that others and circumstances are responsible for the pain. All this, because of the incorrect beliefs that we carry inside us, the most important one being that we are physical bodies and not spiritual energies or souls. Only when the subtle pain becomes intolerable, do we look for a remedy for the same, or think we have to do something about it. Most of us go through life asleep and hence in pain. **An inner awakening is one in which we realize the incorrect beliefs and are not scared to challenge them. Once we do that, our pain starts receding.** We then very naturally look to wake up others, so that they are relieved from their pain.

The present time in the history of humanity is such that while the sleep of some souls is getting more and more sound and pain increases in the world, on the other hand, an inner awakening wave is taking many souls in its tide as more and more souls are waking up from their deep slumber and waking up others. **This is the time when late night and early morning exist side by side. It is the same time, but late night for most and early morning, a time of getting up, for a few.** This is happening due to a consciousness shift or shifting of beliefs inside many through spiritual knowledge. Such souls, whose number keeps increasing everyday, are experiencing more and more happiness in their lives. Both these groups of souls have similar circumstances and people in their life but the shifting or correction of beliefs inside the second group is causing souls in the group to remain stable amidst these circumstances, free from spiritual pain, depending on how much the shift is.

Message for the day

Inner satisfaction brings creativity.

Expression: Quite often I find myself trying to keep pace with the things that I have always been doing. I seem to be caught up in the routine to the extent that I experience monotony. I then cannot think of any newness that I can bring in my life.

Experience: It is only with my inner satisfaction that can I bring creativity in my life. For this, while doing the routine jobs that I am involved in throughout the day, I need to make special effort to keep myself content with the things that are going on and also think of new ways of doing what I am already doing. Then I will never experience boredom in my life.

In Spiritual Service,
Brahma Kumaris