



Uzbekistan marked the 1st International Day of Yoga on 21st June with great enthusiasm at the Bunyodkor Football Stadium in Tashkent.

A Quiet Mind

When the mind is quiet, its whole angle of vision changes. From pouncing on the problems, it begins to perceive the chances, the good things in life.

Tapping Guidance From The Supreme Intellect

There are many occasions in my day-to-day life when I am not sure as to what my next course of action should be in that particular situation. The intellect is the faculty inside the soul which normally takes all decisions for the soul. But sometimes the intellect is clouded by my own or others' *sanskaras*, beliefs, opinions, inclinations, assumptions, thoughts, actions, past experiences, etc.

In such a situation, **I require the guidance of an entity who:**

- * is above the whole situation and is seeing it as a spectator or observer and is not a player in the situation,**
- * is the knower of the three aspects of time (the past, present and the future),**
- * can see the situation from all dimensions or perspectives,**
- * is beyond all influences and is impartial,**
- * is extremely pure and clear,**
- * knows me more than I know myself,**
- * knows my benefit and harm more than I know it myself,**
- * someone who is selfless and is concerned for my well being the most, etc.**

No human entity can fulfill all these requirements.

(To be continued tomorrow ...)

Soul Sustenance

Bringing Your Dreams Alive

Each one of us has dreams that we nourish right through our lives. Some are short-term dreams and some long term ones. Dreams keep changing as we progress through different phases of our life. Some are achieved, some are not. Some of us possess the ability to realize our dreams more than the rest. The most important and influential factor in this process is how much we believe in our dream and believe that it will be realized. Some of the factors that hamper this belief are:

- * The **influence of the past** - the **memories of our past failures**, which sow seeds of doubt in our mind; as well as successes, which keep us in an illusionary consciousness and distance us from the present moment and our present actions. Also, sometimes we associate present temporary failures or ups and downs which may come in our way, with failures of the past.
- * **Lack of inner strength or power**, when faced with obstacles in your path. **Tendency to get dejected** very easily and creating weak thoughts like we do not deserve it or we are not capable of it or are we not lucky enough or it is not in our destiny or maybe it is our negative past actions which are influencing our dream realization process adversely, etc.
- * The **opinions or comments of people** surrounding you who sometimes, are not in tune with your consciousness and are not able to empathize with your purpose. Their comments easily de-focus you from your purpose.
- * **Lack of ability to mould or adjust** during the dream realization journey. Any journey is always full of twists, turns and sudden changes. A rigid state of mind, which is not able to change its tactics as required, may make the path seem more difficult than it actually is.
- * It is very good to dream but **excessive attachment to the dream** also may make the journey towards the dream stressful and bring down your self-belief at times.

Message for the day

To finish a weakness is to finish the last trace of it.

Projection: When I work to overcome any of my weaknesses, I feel that I have got rid of it. In spite of that, I find that I have got rid of my weakness only for sometime. In some situations, these weaknesses begin to emerge again and again.

Solution: When I work on a weakness I need to understand why that particular weakness is working within me. When I recognise the root cause of the weakness working within me, I can overcome it very easily. I then find that the weakness will not emerge again.

A personality of royalty lies in being constantly cheerful.

When we see someone with positive qualities, even during negative situations, we really admire their positivity. It could be patience, wisdom or any other positive quality that comes across. But much more than that, it is the happiness or contentment that is visible in the form of a cheerful face. This is the true personality of royalty, that we too need to make an attempt to imbibe. Today I will smile at whatever happens. Even if something goes wrong, I will find something to learn from it or something positive and be happy for it. Even if I can't find it right away, I'll at least take the thought that this has happened for a reason, because I know whatever happens, happens for the best.

In Spiritual Service,
Brahma Kumaris