



## Clean and Tidy

The most important places to keep clean and tidy are my mind and heart. If I allow thoughts to flourish that I wouldn't want to see the light of day, I can never have any real self-respect. By starting each day in quiet reflection and pouring positive, loving thoughts into my mind, I gradually clean out cynicism and unkindness.

## Create an Aim

Each one of us is capable of so much more than we currently believe possible. Everyday, create an aim for yourself.

Rather than aiming at what you know you can do, challenge yourself to aim higher than where you are at right now.

Go on, aim high and set yourself a high standard. Stretch, and make effort to reach that aim.

## Forgive To Forget

A key principle to remain light and stable in relationships is - **forgive and forget** - it's a well-known principle - one that we sometimes find difficult to practice. It can be modified to **forgive to forget**. Sometimes we spend many years with so much bitterness inside us for a particular person, with an inner violence of wanting to make the other **pay** (emotions of revenge), the one who has supposedly hurt you. If you don't strike back immediately, you at least want to keep this *guilt card* in your pocket, to be pulled out at a later date: "Oh yes, well what about the time when you...." We keep this bitterness inside us because we haven't forgiven. **It does not resolve the situation; the only thing it does is increase our pain, makes us heavy and does not let us remain in peace. So the key is that if we do not forgive, we cannot forget.** When someone has offended or insulted us, the last thing we want to do is to let it go. And yet, if our desire is to have a healthy, lasting relationship, that is exactly what we've got to do.

Sometimes, when it is a question of a broken relationship, it is not only a matter of forgiving the other, but of forgiving yourself for having allowed yourself to enter that experience. It was you that took the step to allow that experience to be entered into. If you hadn't taken that step, you wouldn't have had that experience. You accepted that challenge, that relationship, and what might happen in it - you were aware of the possibilities when you entered in the relationship. **So not only do you have to learn to forgive the other, but also to forgive yourself in such situations.** Only then will you be able to forget.

## Soul Sustenance

### Practical Ways of Changing Old Habits or Beliefs (Part 2)

#### Positive Affirmations

Affirmations are promises that we make to ourselves. They are helpful for breaking negative habits or weak thoughts that have been created as a result of mistaken attitudes. Affirmations help to strengthen the mind, although to be effective there must be acceptance and understanding behind them. It is interesting to begin experimenting with them and, later on, we can begin to create variations of new affirmations, according to our individual needs.

Here are some examples:

- \* Today I will experience peace through positivity. I will see what is good in others and will not think about what is negative or harmful. I will see others in the way I would like them to see me.
- \* From now on I will not judge others.
- \* Today I will speak peacefully and share peace with everyone around me. I must speak as softly as I can.
- \* Today I will make the past the past and look towards the future with a new vision.
- \* Today I will not react angrily. I will stay calm and in peace and will not sacrifice this for anyone or any situation. I must not allow anything or anyone rob me of my peace.

For the affirmation to be effective, we must repeat it to ourselves often, so that it becomes recorded in our subconscious. It is also important to proclaim the affirmations with feeling, believing in them and not in a monotonous and impersonal voice. As a minimum, you should repeat each affirmation at least five times a day. If we listen to something repeatedly, we begin to believe in it. In reality, this is the origin of the majority of our beliefs, when as children we heard our parents tell us things over and over again. Advertising uses this technique constantly. They create a phrase, a slogan, and repeat it over and over again in the media until, finally, people believe it. To be able to control your life, first you must know and dominate your beliefs. One way of doing this is through affirmations.

(To be continued tomorrow .....

## Message for the day

**Determination is the best companion.**

**Projection:** When things go wrong, the first reaction is of fear. Because of this, I can't put in any effort to better the situation. I start looking for a companion, a support who can provide me help. But I rarely get help from outside.

**Solution:** When I have to look for something to rely on, the only support I get is from my own determined thought. I need to make it my companion, not letting go of it till I succeed. This will help me overcome my fear and move towards success.

In Spiritual Service,  
Brahma Kumaris