



Bill Clinton, supportive of his wife's goal to run for the 2016 presidential election, made up a nickname for himself if he becomes the "first husband" of the White House. I could be called "Adam"

## Smiling Opens the Heart

Good feelings for others are like ointments that heal wounds and re-establish friendships and relationships. Good feelings are generated in the mind, are transmitted through your attitude and are reflected in your eyes and smile. Smiling opens the heart and a glance can make miracles happen.

**Change is a means to take one forward for those who are positive.**

For the one who is not able to maintain an inner state of positivity, every change in life is challenging and sometimes even a threat. Negative situations seem like mountains or a storm come to take away something from me. But in fact, every situation, be it negative or positive is a gift for me to take me forward. I need not be afraid because I know to see the positive aspect, even if its a small one. I am able to learn and move forward. Today I will sit and list out 3 changes that happened in the last couple of years. I will then make a list of what I learnt from these situations and what positive outcomes there were because of that change. I will also keep a lookout in a similar for future situations too.

### **The Triangle Of Spiritual Energy (cont.)**

**Referring to the last two days' messages, all three points of connection (connection with the self, of the self with the Supreme and of the self with others) are necessary for good emotional and spiritual health.**

If I am only connected inwards, there is a great danger of arrogance and being lost in only myself. If I am only connected to the Supreme Source with little reference to myself, or others, there is the danger of becoming rigid, fanatical and unrealistic. If I am over-focused on others and on my relationships with others, thinking I will receive my happiness and sense of purpose from them, then a dependence is created, which results in conflict and disappointment.

When I do reconnect with the outside world, it can only be done effectively from the point of advantage of connection with the self and with the Supreme Source.

This three-point connection can be depicted in the form of a triangle with the self as a point (A), then the vertical movement upward to the Supreme Point (A to B), then the horizontal connection to others (A to C). Others need to have their own independent and personal connection with the Supreme Point to revitalize and renew their own consciousness (C to B). In this way, the triangle of harmonious energy (ABC) becomes complete.

(To be continued tomorrow ...)

## Soul Sustenance

### The Car-Driver Comparison To Aid Self Realization (Part 2)

If a good driver, while driving a car is distracted by the negative and disturbing scenes which he comes across and his attention is pulled in many different directions, he will make his journey unsafe increasing the probability of meeting with accidents. When the same principles are applied to the soul and the body, **I also need to take care that, while traveling on the road of life, I am not distracted by scenes that are not useful to me** e.g. when looking out through my eyes and I don't have to take in all the images, scenes and information along the way, otherwise I may meet with an accident. When listening through my ears, I don't have to take in all the words and everything that people say, otherwise I may meet with an accident. I can choose to take in what is useful for me, but I do not have to register distracting, negative and harmful images and words. **Just like a driver, I see and understand situations, too I keep my eyes and ears open - it would be unsafe to ignore them completely, I need to be aware of them - but I look only for the positive in them, so that I remain focused and am not deflected from my goal of experiencing inner contentment and bliss, while making the journey.**

I, as the driver in charge of this vehicle, the body, also need to take care that I do not drive rashly i.e. **I learn to monitor the feelings and attitude that are transmitted outwards through my eyes, my words and my complete body language.** Driving rashly i.e. transmitting negative energy in this way could harm any co-traveler on the road of life. When these feelings stay positive, filled with sweetness, purity and respect, that too helps to ensure that my journey passes smoothly and enjoyably. When I stay alert and aware in a driver conscious and drive carefully as explained in this and yesterday's message, my actions bring me closer to my spiritual truth and I am able to share my positivity with others around me. When I lose awareness for even a moment, there's danger either from me to others or vice versa.

## Message for the day

**The method to serve is to become an embodiment of power.**

**Projection:** Service to others is usually understood as bringing benefit to others through what I do. I have love for such service and make an attempt to do it too. But sometimes busy in such service, I find that my own self-progress is left behind.

**Solution:** I need to pay attention for my own self-progress by learning from everything that happens. I thus find myself improving and filling myself with power. This power spreads around and shows the right path to others, just like a lighthouse and others continue to take benefit from me.

In Spiritual Service,  
Brahma Kumaris