



This National Geographic winning photograph gives a whole new meaning to being in school (a large number of fish or aquatic animals of one kind swimming together)

Depth of Humility

Humility means to understand the self and through that to understand others as well. Humility is the attitude where a person is not attached to his or her opinion and feelings. Humility is the most natural expression of truth. It helps in better understanding of truth. Humility is the basis for maintaining self-respect. Humility does not mean bowing down and being subservient to others. Humility allows you to see benefit in everything. Developing humility brings a lot of comfort and ease into your life.

A New Journey With A New Personality (cont.)

Famous personalities are constantly sought after, in demand and remembered by many due to their specialties, may they be actors, gurus, sportsmen, politicians, founders of religions etc. Even in our daily lives, we tend to remember people with more specialties much more than the rest.

God is the most complete and perfect personality that exists, but not a physical personality, a spiritual one. There is no one who is more specialty and virtue-filled than him. That is the reason he is an entity or living energy or personality who is remembered the most by each and everyone all over the world.

The above types of personalities mentioned are physical personalities and are remembered by some or many but not remembered by the rest and along with their specialties, they definitely have shortcomings. Also, you might find it difficult getting to meet them even for a few minutes. God is one personality without any weaknesses and he is my constant friend, once I start my journey. He is one who, although being the highest personality, can be available to thousands making a similar journey at the same time, not because he is omnipresent (present everywhere) but because he is omnipotent (the most powerful) and the only being possessing this capability. So, **a specialty of this journey is that the more I progress on it and the more time I spend with this new personality accompanying me in my new journey, I constantly see new facets of this new personality being revealed in my life, which keeps the journey constantly refreshing.** This also keeps me wondering what is going to be revealed next. So, once this journey of exploration and discovery has started, there's no reason to stop even for a second and there is immense amount of motivation to continue and keep smiling!

Forgive and Forget

Most of the times we are slaves of the past. Although the situation has become past, we tend to think of it again and again. We are neither able to forget the past nor are we able to forgive. We continue to create the same thoughts and the same feelings again and again. Thus we find that we are just caught up in the past, and we are not able to learn from it. In order to move forward to the future, we need to free our mind of the past. If we learn from the past, with this learning we can move forward. We need to forgive and forget. We can forget only when we forgive and we can forgive only when we learn. When we take the learning from every situation, we are able to be free from being a slave of the past.

Soul Sustenance

The Law of Surrender

According to what or whom your mind thinks consistently of, you will take on the form of the object or the person to which you have surrendered. We can see this in children, when they transfer their minds to actors they see on television, and then begin to behave like them.

What is the highest form to which we can surrender our self? There may be several answers to this question in our mind. Choose the truth from among them. So what is the truth?

Spirituality gives us answers to questions like: Who am I? Who is the Supreme Being? What is my relationship with him? Where do I come from? Where am I going? What is the purpose of my existence? What is the importance of the present time? How can the Supreme Being empower me at the present time?

The answers to these questions show us the way to surrendering our mind to the Supreme Being, which is the highest entity to which we can surrender. When we do that, gradually we get colored by his knowledge, virtues and powers.

Message for the day

The habit of thinking positive finishes negative.

Expression: Just as it has become a habit of thinking negative, a positive habit when created will naturally bring about a change. A little practice and attention to form a habit of thinking positive will reveal its result of creating an influence of positivity. The situations will not change on their own, but the habit that has been formed will bring about a change in the response and will change the situation too.

Experience: Usually it becomes very difficult or sometimes impossible for me to think positive in difficult situations. At that time, although I want to, the response that emerges from within is based on the habit that is formed previously. So when I make the habit of constantly and consciously thinking positive, I then become free from the struggle of having to change my mind to positive in difficult situations.

In Spiritual Service,
Brahma Kumaris