



### **Faith**

When I am continuously being battered by the storms of life, and my very spirit is ebbing away, then all I need to do is hang onto that gift called 'Faith', that one support which will weather the storms. Faith does not depend on a clever head, only belief: belief in the self and the strength that lies within. Faith is the seed of victory and the foundation of making the impossible possible.

## Keep Smiling

When difficult times come by it seems very difficult to remain happy and keep smiling. Only when the situation passes by, are we able to smile again. So it is but natural that we are usually waiting for the situation to get better for maintaining an internal state of happiness. It is only when we have the ability to smile will we be able to face the situation with courage and confidence. Then we will not waste our thoughts on 'whys' but will be able to search for the right solution. So the effort lies in the ability to keep smiling in all situations, which brings maximum benefit for us.

### Unloading Your Pressure Baggage (cont.)

Can we experience freedom only when there is an absence of outside pressure? We feel pressured from many sides. At work, we feel the pressure to do tasks as per fixed guidelines of set systems and within boundaries of time, of keeping up our performance as per others' expectations and as good as our compatriots. In relationships, we feel the pressure of experiencing success in them, of satisfying others and gaining respect from them. In studies, we feel the pressure of having to excel in them, not only because that is instrumental in building our future but because of the desire to be seen in a positive light by others. We feel the pressure of having to earn more and more wealth to satisfy the necessities, comforts and luxuries of the family and to maintain a certain image in society. In the face of problems, we feel pressure when we are not able to solve them quickly or in the way that we want. Failure or its fear, in any sphere of life, generates pressure in us. Sometimes we experience pressure because the mind is not functioning as per our desires or directions or we are not able to transform our negative personality to a positive one as much as we want. When we believe that something harmful can happen if we don't reach our set objectives on time or in a certain manner, we feel pressured. Physical illnesses or their fear can also create pressure for some of us.

And so life turns into an endless amount of pressure crests, like speed breakers that appear one after the other, unsettling us and not giving us time to relax. When we feel pressured, it seems that the life forces rule our life and we do not feel free. **In the long-term, this repetitive habit of creating feelings of pressure and carrying such baggage ends up leaving us exhausted on an emotional and spiritual level.**

(To be continued tomorrow...)

## **Soul Sustenance**

### **Being Impressed By Others – Is It Beneficial?**

To keep our self esteem intact, we need to make sure that we do not have an impressionable intellect. Being impressed by people, in itself, is not bad, but we can fall into the tendency of staying trapped in the superfluous (excessive and unnecessary) and in appearances. What impresses us influences us and even moulds our awareness at that moment. We lose the ability to create our thoughts and feelings and these are influenced by the impression that we have allowed the other person to leave on us. Sometimes the impression is such that we completely give ourselves to it. We give up our power to the other, and we allow them to dominate our emotional world. The results of allowing oneself to be impressed are varied and on different levels.

For example, when we are impressed by the other's position; it is fine to respect the authority and the position of the other, but when we allow their position to impress us, our ability to relate to the person in a smooth way is blocked. This can make it difficult for us to be the authority in our own life. Another example is when we are impressed by the achievements of the other and put them on a pedestal. We compare ourselves with him or her and have weak thoughts of ourselves, such as that we are not as good or effective as them, or we might feel jealousy or guilt. All of this acts as an obstacle on the path towards our own achievement. It is good to recognise and appreciate the achievements and skills of others, but when we allow them to impress us, in some way, we submit ourselves to their influence and we weaken our self-esteem and our respect towards ourselves. Without realizing, we use the other to fill a gap that we feel in ourselves. This will not always work. It will not strengthen us; rather it will create a dependency and dependencies weaken us.

## Message for the day

### Faith enables the creation of elevated fortune.

**Projection:** Usually there is a tendency to leave things to destiny. When something goes wrong, we blame fate for it. Then we feel the situation to be totally out of our control, which prevents us from taking responsibility for our own life. And we will not be able to work in any way for bringing about a change and improving the situation.

**Solution:** Instead of blaming fate for whatever is happening, we need to take up responsibility for creating our own fortune for the future. When we have faith in ourselves, we will take up responsibility for our own life. We will, then, be able to work at making our each thought beneficial, contributing to our success, making a better future for ourselves.

In Spiritual Service,  
Brahma Kumaris