



### **Filter Your Mind**

The mind gets spammed by so much stuff through the day. Input comes from all directions, from the subconscious, other people, media....

As so much of it is useless, the mind just gets clogged.

To filter out the spam, give yourself a moment in the morning, during lunch, tea breaks, and before bed.

## Attaining Success Using The Tool Of Visualization

A study shows that the majority of sportsmen and women, who win at prominent international events, are trained to use the tool of visualization to achieve success. Many months before the actual event, they visualize i.e. they create pictures of success inside their minds that they have already achieved their goal. The same principle of visualization is also used to cure patients from major illnesses including cancer. Patients are taught to visualize their diseased organs free from illnesses or visualize the organs receiving healing energy in some form or the other. **Visualization helps people to have 100% belief in themselves that they will achieve the desired goal. The efforts made with this powerful energy of belief have a greater probability of success than when you make the efforts without believing in what you are doing and without visualizing yourself as achieving your objectives.**

If you think about your failures from the past, you stop believing in yourself, lose your enthusiasm and get frustrated. Visualizing images of a positive future helps you work from the present towards the future, without allowing the past failures to have any negative influence on you. **You visualize yourself as a person, who has already overcome his fears and negative habits, and the fears are removed and the negative habits are transformed.** You see yourself **already** transformed e.g. you say \* I **am** a soul full of all powers and **not** \* I **am going to** or **am trying to** fill myself with all powers. The power of that vision and the positive affirmations, combined together, is such that it helps you to bring about a major change in yourself, not just a small change, because you make it easy for your sub-conscious mind that is sleeping to wake up and realize its potential. You stop always expecting the worst and hope for, visualize and believe in the best.

## Soul Sustenance

### Experiencing Perfection And Success In Role Playing

Spirituality gives me the detached realization of being pure consciousness. This realization not only detaches me from my physical body, but also detaches me from the different roles I play through my physical body (male or female) and the different acts or scenes in each role, in one particular day or one particular lifetime. The roles may be many, the acts and the scenes may be many, but I am the actor playing the different roles and participating in the different acts.

**There is great strength in experiencing myself as an actor as compared to the previous existence in which I used to lose myself and forget my spiritual identity completely while playing the different roles, identifying more with the roles and thinking myself to be the role instead of being a spiritual actor.** An actor, even while in the midst of the most dramatic scenes, even whilst getting excited or emotional or angry, knows he is not the part itself, the part is just temporary. He knows he is something more than that, and that when the play is over, the role will not exist anymore. So, **even though I play my role, I don't cut off myself from the role and don't leave my responsibilities, I need to adopt the \* observer or \* spectator or \* detached consciousness instead of the \* player consciousness. A player tends to get over-involved. So, the balance has to be maintained – I play as well as remain detached. Only then the roles will be played to complete perfection and I will experience success in each role.**

(To be continued tomorrow ...)

## Message for the day

**To be free from waste words is to ensure easy success.**

**Projection:** The one who wastes time and energy in gossip or slander has no time for success. All attention is focussed on picking out the mistakes and the negativity of others and so there is no attention on learning new things or picking out the positive. So there is negativity visible in one's own attitude, words and actions.

**Solution:** When I am able to free myself from waste and negative words, I am able to use the resource of my words in a positive and useful way. My words will be for the benefit of all. I would also notice that my words would be filled with the power of positivity and faith, faith in the self and faith in others.

## Solutions

Whenever we face problems we tend to blame situations and people and feel that these problems have come to take away our power. We begin to wish for something to happen to change the situation so that we can be free from the problem itself. But it normally seems to take a long time before the situation changes. The only way we can be free from the problem is to create a solution for it. The situation will not change on its own but we need to create some solution for it. This is what brings inner strength which is because of what we have discovered within while working on our problem.

In Spiritual Service,  
Brahma Kumaris