



A Fortune to Share

We all have our own share of fortune. Take a closer look and realize that you are indeed very fortunate. When you appreciate the good fortune you already have, you stop expecting more or looking for something better and start being happy. The more you are aware of your own fortune, the more you will share it with others. The more you give, the more your fortune increases.

Make the best use of opportunities

Usually we give a lot of excuses for not doing things. Our words are then 'if only...' or 'some other time'. So even if we have the capability to do it, our capabilities are wasted, as they are not used at the right time. And we don't really experience success at that time. Whenever a situation demands something, which we feel is beyond our capability, we need to tell ourselves that the situation has come our way as an opportunity in order for us to use our capability. So when we believe in ourselves and our capabilities in this way, we will be able to make best use of opportunities.

Realizing The Form Of God (Supreme Soul)

The Supreme Soul is a soul, with the same form as human souls. The only difference is in the qualities, not in the size. We have rightly thought that he is great, but His greatness doesn't mean that He is expanded throughout the entire universe. The power of a soul has no connection with its physical dimensions at all.

Some people are of the view that the Supreme Soul is formless. Anything that exists must have a form. Qualities indeed are formless, but the source of those qualities cannot be without form. For example, fragrance has no form but the flower does. Just as the sun has form but the light and warmth it radiates do not. The Supreme Soul has a form, but the qualities radiating from Him do not. In other words the Supreme Soul is not love but the source of love; the Supreme Soul is not truth but the source of truth, etc. If he is formless then communication with Him is impossible. The very word *yoga* implies a meeting between two entities, both of which have a form, if not a physical one, a subtle (non-physical) one.

The Supreme Soul is a conscient (living) micro star just as I am. Knowing his form, I can bring that image onto the screen of my mind and begin immediately to experience his powers and qualities by associating them with that beautiful form. There is more benefit experienced in meditating (concentrating) on his form and qualities as compared to focusing on one's breath, candle flames, etc.

Soul Sustenance

The Law of Belief

Beliefs are concepts that you consider real and true, and you do not question them, even though they have no logical explanation. If we believe in something strongly, if we think that we can achieve something, then we will. What we believe will come true.

We can classify beliefs into five groups:

Beliefs about defects and weaknesses: These beliefs produce thoughts in our consciousness like: * I am no good, * I cannot do this, * I am useless, * I won't manage to complete it.

Beliefs of survival: These beliefs produce thoughts such as: * Life is short. Get whatever you can at any cost whenever you can. Life's decisions are taken based on these beliefs without taking into the account the repercussions (effects) they may have on our health, our relationships and our future.

Beliefs that create blocks: When we label someone, we are no longer open to try and understand them. For example: * My boss is really egoistic. This type of belief blocks the flow of our positive energy and stops us from connecting openly with these people.

Beliefs that strengthen the self: For example: * I am capable, * I can do it, * There is nothing I cannot be or do if I really want to, * I will overcome the difficulties and meet the challenge.

True beliefs about ourselves: They are connected to eternal certain truths, such as: * I am a spiritual being, I am eternal. God is my spiritual father.

To assure us that a belief is true, we must first believe in it. Then we check it in our consciousness and if a belief is true it will become an experience. If this does not happen, we are doing something wrong or this belief is not correct.

Message for the day

To be a self-sovereign is to be in control

Projection: The one who is a self-sovereign never finds difficulty in being in control. He doesn't have to go out of control and then bring himself back in control. The moment the order is given to the self, every thought, word and action is immediately in order.

Solution: To be a self-sovereign means to be aware of my own specialities and work with them. When I am a self-sovereign I experience myself to be free. This is because nothing binds me but I am able to win over my weaknesses too. Thus I find myself to be in total happiness in all situations.

In Spiritual Service,
Brahma Kumaris