



Higher Than the Sky

Keep wearing virtues as your ornaments. Keep loving others. Keep giving regard. You have to go beyond the stars. Keep thoughts higher than the sky, and abundance of patience like the earth. Keep spiritual love in your eyes.

Contentment

When I am content I am able to have a state of mind that is creative.

So I am able to tap the inner resources for my own personal growth.

I am able to creatively work with my own inner virtues and am able to add them even to the little acts that I do.

I am never satisfied to the point of laziness.

The Step Of Donation In Silence

Donating is the final step of silence. We have filled the self with a particular quality and it starts flowing out of us. We allow this quality to touch the atmosphere around us and consciously donate this vibration to the world, enabling those in need to feel it and to absorb it.

This is the ultimate step of a true meditator, often referred to as the **lighthouse** stage. A lighthouse stands still and stable in one position in the rough sea and beams the light all around so that ships are shown the way. We are able to bring an original quality of the self into our consciousness, fill our self with it and then, very naturally, let it radiate from the mind.

One of the most important aspects in this step of silence is the link with the Supreme Energy. We make this link with the Supreme Source, we absorb from that Source, we fill the self from that Source and then donate all that the Source has given us.

This is called **angelic** or **instrument** consciousness. It is said that an angel is a human soul who has fallen so deeply in love with that Source of Light that it has transformed completely. It is totally filled with Light and Peace and its task is only to serve, to share Divine Love and Peace with others.

Soul Sustenance

Understanding The Different Types Of Thoughts That The Mind Creates (Part 6)

We have explained Positive Thoughts yesterday. Today we continue with the same:

Positive Thoughts (cont.)

Positive thoughts make you happy and as a result your expectations of others decrease. This does not mean that they do not matter to you, but that you no longer demand love, respect, recognition, or even calm, from them, and it makes your relationships that much easier. This is the best way to create long-lasting and harmonious relationships. When you have inner happiness, you have the strength to accept other people as they are without wanting them to be different. This acceptance produces more peaceful relationships. With the positive attitude you create, you can offer yourself to other people just the way you are, with your virtues and limitations, without pretence.

Your body also benefits greatly, since when you have a balanced, harmonious mind you are less susceptible to illnesses. A person who has many useless thoughts will often feel very tired because they are spending their energy in creating thousands of unnecessary and inefficient thoughts.

Your mind is strengthened and healed by being nourished with positive thoughts. A healthy mind is the basis of a balanced personality.

Message for the day

The right kind of support makes people independent.

Projection: When I provide help and support to others, sometimes I find that they become dependent on me. They continue to expect the same kind of support that they had got from me before, when I am not in a position to give. Then my good gesture becomes a bondage or difficulty for me.

Solution: When I am providing help to someone, I need to check the kind of help that I am providing. True help is to provide assistance in such a way that slowly the person learns to rely on his own resources and becomes independent. Then there will be no expectations from me.

In Spiritual Service,
Brahma Kumaris