



## Letting Go of Sorrow

If I allow bitterness and resentment to fester inside, it will make my relationships guarded and unsatisfying. The more I close down to others, the more I become a stranger to myself. By letting go of sorrow and negativity, I can keep my nature open and loving. Remaining open to life, with its constant adventures and opportunities to grow, is the only way to reach my full potential.

## **Analyzing Success And Failure (Part 2)**

**For many, society has conditioned us to look for success through the path of our career, achievements, profits, praise, financial wealth etc. That way, we have learned a narrow view of success. Running in search of this kind of success and pursuing it, we come to exhaust ourselves, get burnt out and depressed.** In order to achieve these successes we have stopped caring for the inner being (the soul) and relationships. That has meant and means stress, pain, anxiety, family break ups, personal and relational disintegrations, the destruction of the environment and planetary and climatic imbalances. As a consequence, we feel empty. Although we achieve the applause, the income and other successes, the soul is malnourished and has the sensation that it is lacking something. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, broken up family and a sick body, causes depression which explains why, in our recent history, famous people have ended up committing suicide.

**If we want to redirect our personal and collective lives toward true well-being and wholeness, we have to re-evaluate and redefine our beliefs and factors that lead to success and failure.** Before asking yourself what success and failure mean for you, it is important to be clear what context you want success in. Depending on the context, the dimension and the meaning of success and failure will be different. For example, in the work context, a failure will be different to that in the family context. In the personal context or in life in general, the way of perceiving success or failure varies.

## **Life's challenges**

Life's challenges are like house guests - they come and they leave. So, the next time a challenge comes your way, remember: they will also go away.

And when house guests leave your home, you wouldn't let them take everything from your home, would you?

In the same way, when challenges leave, don't let life's challenges take away your happiness. Why?

Happiness is your property. It always remains with you.

No matter what happens, don't let anything take your happiness away from you.

## **Soul Sustenance**

### **Positive Consciousness**

The habitual way in which you use the house you live in and its contents are all affected if you use them in a positive consciousness (mental state). The result is purification while interacting with the physical object, so that when the object is in use, it fulfills its function accurately, and it has also undergone a permanent change. This can happen when you are cleaning the house, cleaning any object in the house or preparing objects for a particular purpose. If such actions are done in a positive consciousness then the physical object will have such a vibration of peace and purity that no harm can be done with it and whatever action it is used to perform will be successful. Any other soul who comes into interaction with those objects will also feel the affect of their pure vibrations.

If we perform each action with the physical body in a positive consciousness, then the physical body gets purified and we can become free of illnesses.

In our relationships it is the same principle. First there needs to be that detachment in relations. Secondly, when there is a positive consciousness, I will find that my interactions have a purifying affect on all that I relate to and I can bring benefit to everyone I meet.

In this way a positive mental state enables all actions to be successful, whether at work or at home.

## Message for the day

**Instead of thinking of the situation, think of your own stage.**

**Expression:** When you find yourself questioning the things that are happening in your life, ask yourself if your own stage is good. The situation might be bad, but check if your own stage is good and if you have the power to face the situation.

**Experience:** Remind yourself that you are learning from the things that are happening so that you can improve your own stage.

In Spiritual Service,  
Brahma Kumaris