

### **The Eight Powers of the Soul - Day 3**

**These are powers that recharge the soul. As the soul comes into action it experiences the practical form of these powers.**



Red-eared Slider Turtle Hiding. Photographed by Darlyne A. Murawski

### **The Power to Withdraw**

I can withdraw from the organs of the body, and become the seed – detached, and the observer of this drama of life. Contentment comes.

These powers enable the soul to have pure wishes of love for all others, as the soul itself has more power of love to give through being strong in all circumstances.

## **Rediscover The Essence Of Happiness (Part 1)**

**Have you ever wondered - what is the real essence of happiness, what is and what is not real happiness?** We count our troubles often, but we never count our joys. If we counted them, we would realize that we have many things to be happy about. **Happiness, joy and love hold different meanings for each individual.** A person may find happiness in shopping and another may find the same kind of pleasure in social work. But there are some aspects which have the capacity to at least put on a smile on every individual's face. Simple gestures like maybe a love filled **handshake or a morning greeting. Going to each mate of yours at the work place or to each loved one at home every morning and greeting them with a huge smile on your face will bring you happiness as well as to the other person.**

**So, real happiness is not an external stimulation by watching a movie or eating out or buying a new dress; it is not the result of acquiring something – whether it be a new car or a position, or of receiving some good news. True happiness is not relief from suffering – whether from an illness or a difficult situation, nor is it the achievement of a goal – whether personal or professional. All these are externally dependent, where happiness is confused with stimulation, excitement, achievement, acquisition or relief. Happiness is not all of these. You commonly say - *Well, what I like best*, ... just then stop and think. Because although each of the above episodes bring us happiness, there is a moment just before you begin to enjoy the episode which is better than when you are enjoying the episode, but you don't know what its called or what it feels like to enjoy that. Each one of us can experience that joy, we just need to find it. Remember that happiness is not a future promise. It can only be experienced now, in each and every simple action of the day.**

(To be continued tomorrow ...)

## **Winning thoughts cultivate a positive mindset.**

They lead you to take better actions and to perform better.

Think: You are on the stage of the world, competing to be the brightest, happiest, most efficient.... house cleaner, office worker, friend, colleague....

Break through resistance, doubts or anything that interferes with the thought of excelling.

Think better, think stronger, think winning thoughts for even the smallest tasks. And have fun.

## **Message for the day**

**The easiest way to bring positivity in life is to become worthy of God's love.**

**Expression:** A simple checking whether to perform an action or not is to see if it would be approved by God. When every action is thus checked, there would be positivity and benefit expressed through everything. There would not be any negative, waste or even ordinary actions performed, but only those that are sealed with the power of positivity.

**Experience:** When I am able to bring about such positivity in my life, I'll not only win the love of God, but also the love, praise and good wishes of all those around me. I also become trust worthy and an image of support for those who are seeking to bring positivity in their lives.

*In Spiritual Service,  
Brahma Kumaris*