



Smile Incessantly

We all know and remember a smiley person – someone whose heart seems to radiate through their teeth. And when they do, notice how it's almost impossible not to smile back...unless you are feeling very, very grumpy! So if you don't feel a smile coming on – why not do it anyway. Not only does it transform your inner chemical production and create 'happy hormones', but when people are on the end of your smile, they smile back (well most do). And if you really don't genuinely feel like smiling at life, the universe and everybody – fake it until you make it!

The Umbilical Cord Of Meditation (Part 3)

Practical meditation is something which you can do while being in your daily routine and not just at a fixed time like in the morning, before starting your day or in the night, before going off to sleep. It is a constant union. In fact, it is the foundation of positive action. After all, **you need to fill yourself with the spiritual nutrition of the different qualities from your spiritual mother or the mother of the soul or God through the divine umbilical cord of positive thinking and meditation.** Only then will you radiate the same to others. Often, our negative actions in the day are performed because this divine and sacred connection is not strong enough. In other words, the umbilical cord that we share with God i.e. meditation is cut off and we are so busy in our work that God is forgotten. On the other hand, when we are occupied with the daily work and are performing negative actions, the connection that we have made in the morning is weakened. So if people are to receive goodness from us and love us in return, remaining in the womb of a spiritual consciousness and absorbing its benefits from God or the Supreme Being of the world is a necessity.

Also, this beautiful and pure womb of God will grow us spiritually and we will, as time passes, become beautiful human beings by meditating and focusing our consciousness on Him. We all love Him as a Father but He is also a Mother of humanity and is full of love and power, just like a physical mother, whom we all have been brought up by and experienced. They say the most beautiful and purest relationship in the world is that between a small child and his or her mother. So God is our spiritual mother, the mother of the soul. And His love for me, the spiritual baby, is the Highest in the world. So, **enjoy the company of this most beautiful and loving Mother of the Universe. Meditate a lot. That means remember Him and give that love to the whole Universe.**

Making a complaint doesn't always have to be negative;

It's good to express your opinions & suggestions.

But if you're not gaining anything positive by complaining, then you might want to

- 1) reduce the whining & grumbling; or
- 2) turn your complaint into a compliment.

Stop the unnecessary complaints & your necessary complaints will be more effective.

Message for the day

To recognize what is negative and waste is to have the ability to overcome them.

Thought to Ponder: When something negative or waste comes up, I need to recognize it immediately. If I am not able to do that, I actually invite it into my life, make it my guest, give it attention and encourage it further. So, it is important to recognize immediately and change anything negative or waste that comes my way.

Point to Practice: Today I will keep a check on my thoughts from time to time. As soon as I find something waste or negative coming up, I will not encourage it further. I will immediately either create another thought or move away from the situation temporarily till I change my thoughts. Such attention over a period of time, will help me recognize quickly and overcome what is negative and waste.

*In Spiritual Service,
Brahma Kumaris*