



Self – Sovereignty

Subservience to my negativity is a very precarious existence as I can never be sure how well I will handle a difficult situation. With practice it is possible to create appreciative and compassionate thoughts; then I no longer need to indulge in resentment, bitterness or dislike. Training myself to react calmly and wisely offers enormous dividends. Let me talk to myself silently with love and encouragement, balanced with firmness, and like the wise old sovereigns of fairy stories, let me rule the inner kingdom of my mind with benevolence.

Living A Life Rich With Relationships (Part 1)

We all live a life full of relationships of different types. Starting from the morning till the night, relationships are a constant support system for us and almost like a lifeline. Imagine for once that you were alone in this world and you would have to spend 75-80 years living alone and taking care of yourself through food and also live alone with no one to share your love and joy with. How would such a life be and how does it sound? Interesting? Not at all. So relationships are like life's oxygen. You know man is trying to make a manned mission to the planet Mars within the next few years. So, a life without relationships would be like staying alone on Mars. We would need to make our own meals, generate our own electricity, filter our own water to drink and there would be no need to earn money because our basic needs would be taken care of and there would be no one to take care of and bring up. That is an imagination not reality. But what is reality is that relationships are a source of strength for us and of course a source of so much love that a life without them cannot be imagined.

Love is the primary virtue of the world and it is the most liked emotion of the world. Even God brings change in us on the basis of love. The soul changes itself because of love for God. Even power in the soul is filled by God, because He loves us immensely. All the work that God does on us and helps us become better human beings is because of His love for us. We are indebted to Him for that and then in return for all the love He showers on us, we become further determined to bring change in ourselves. So love with God works both ways and is the basis of a beautiful relationship with Him. **Also, people whom we come in contact with in our relationships come close to us primarily because of the virtue of love and love is the foundation of strong and stable relationships.**

(To be continued tomorrow ...)

Inner silence doesn't mean no thoughts or an empty void.

Often we can be verbally silent but we're not experiencing inner silence.

To experience inner silence, turn your attention away from the rush of conversations, lists & obligations, & bring your mental & emotional energy to a point of concentration, where you can be still

In this stillness your original blueprint of love, bliss & peace emerge; & flows through your being, harmonizing & rectifying any imbalance.

Message for the day

Good intentions need to be brought into quick action.

Thought to Ponder: When we get a thought to do something good, it is better to do it immediately. If we don't, the intention tends to fade and it becomes more and more difficult as days pass by. Also, after a while, we will not be able to find the necessary resources to bring it into action.

Point to Practice: Today I will take up something that I have wanted to do. I will list out a few points when and what I am going to do to fulfill that thought. I will immediately start doing it. This will bring about a positive change in my life.

*In Spiritual Service,
Brahma Kumaris*