



## Barriers to Love

Whatever is in your heart that is not clean, not true, will ultimately begin to act like a wall, obstructing the natural flow of love. People who say that there is no love in their life, are being blocked by this wall. Actually there is love, but they just can't accept it. Ego is the clearest example of this. Ego limits the flow of love by placing conditions on the love you give and receive. Ego uses love to satisfy its own needs and desires. It produces a love which is deceptive, one which brings only temporary satisfaction. Ego does not allow you to experience true love or share it. In fact, ego is capable of destroying your ability to feel love altogether.

## **Newness At Every Step (Part 1)**

Living a life of positivity and creativity makes life a beautiful journey which one loves completely and enjoys to the fullest extent. Different thoughts, words and actions full of newness and enthusiasm are the driving energy of your life. Life should not be a routine with the same type of thoughts, words and actions every day. On the other hand, life should be a journey full of happiness and variety with different types of events and not the same scenes and situations every day. Also making a lot of interactions with different types of people every day gives life a new touch of positivity and relaxation which would not be possible if we met the same people every day. So, make it a point to meet new people every day and give life a new meaning and purpose by doing different types of creative activities. Even in your job, look for different types of activities which give life a new purpose. Don't become accustomed to a similar routine everyday which can make the job or even the house work a boring exercise. Be creative and bring newness at every step.

Also, **whenever you start your day, create a few positive thoughts or affirmations in your mind.** Let them be full of success and energy and a lot of determination which will keep you full of positive energy in the entire day, so that actions can be performed without getting tired. This is what joyful living is. Also, **after every couple of hours in the day, stop your work for 3 minutes and check the thoughts in your mind.** If they are going in the wrong direction, give them a new direction by meditating and creating a lot of powerful thoughts or at times if you feel it more comfortable, experience silence. One is an expansion of thoughts and the other is packing up. Both are spiritual methods of empowering the mind. Both have their own benefits and are opposite type of methods but both help in mind control. Try either one depending on the situation. Also, at some points of time in the day, **talk to God and make Him a part of your life** as you would make a close relative or friend, in the same manner.

(To be continued tomorrow ...)

**If you were to hang onto the word 'happy', all day, what would happen?**

Apply it to your thoughts, moods & responses. Let it awaken your memories, associations, ideas & images. Allow the word to stay with you, whatever happens.

Today, give yourself permission to think: Happy, Happy, Happy, like a mantra, & see what happens!

If you see benefits, then do the same tomorrow, the next day, & the day after that!

### **Message for the day**

**To order whilst being seated on the seat is to ensure obedience.**

**Thought to Ponder:** Before I expect obedience from others, I need to check if my own mind and sense organs are obedient. For this, I need to be seated on the seat of my own self-respect (of the qualities I have). Thus seated, like a king, when I order, I find that orders are obeyed.

**Point to Practice:** Today I will practice a point of self-respect. I will recognize and appreciate one quality in myself. I will remind myself of this quality, from time to time, throughout the day. If I find my mind wandering or my sense organs disobedient, I will give orders with the same consciousness of self-respect. Then, I will find positive results.

*In Spiritual Service,  
Brahma Kumaris*