



## Power On

Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become fuzzy, and decisions are impregnated with doubt. Power is available inside and outside. Inside us we have a spiritual centre, at the core of our consciousness, pure radiant spiritual light. This is what we are. However it is now blocked by our attachments, the record of all our life experiences and many learned beliefs and perceptions. Outside us we have the sun of spirit, the source, invisible to our physical eyes but only one second away when we are able to quieten and focus our mind. Meditation connects us to both sources of power – that's why meditation is the way to access the real vitamins and the minerals that spirit craves. The vitamin of pure love and the minerals of truth and wisdom. Take time to empower yourself today. Sit quietly and connect your mind to each source and allow yourself to recharge and renew.

### **Newness At Every Step (Part 2)**

A very important aspect of newness in our lives is a different perspective to life's situations. **A positive perspective makes life experiences more beautiful. A positive minded person with a positive perspective looks at life differently than a person with a somewhat negative mindset.** Let's say a person is facing a challenge at work and is not being able to come to a solution to overcome it. If he were to look at the current crisis in his life with a different perspective, he would arrive at a solution much faster and more easily than if he were to remain with the same perspective which he has been keeping for a long time. Solutions to problems can be arrived at magically at times with a different attitude and view point. But to make life full of new ideas and thoughts, one needs to fill the mind with fresh knowledge, not only from the world but also from spiritual sources which talk a lot about the self and also about God. Remember the more you know about yourself and about the Supreme Being, the wiser you will become and will look at life with a fresh perspective, which is the key to success.

Also, looking at people's specialties, in fact different specialties in different situations, adds a positive flavor to life. The same people will look different and nicer when you do that. Don't forget, everyone has different specialties that we generally know and are aware of. Say, you are not on good terms with a person and you receive negative energy from that person regularly. See that person's different specialties for a few days and you will never get tired of the situations involving him or her. **This is practical positive thinking and also new thinking.**

(To be continued tomorrow ...)

## Find closure

When a relationship, a job or something significant ends, whether it was planned or not, take time to find closure otherwise you may find it difficult to let go.

Find closure by working through your feelings and accepting what once was and what's happened.

Then shift and move on from what's finished to what's ahead, into the next chapter of your life.

## Message for the day

**To admire is to imbibe their qualities.**

**Thought to Ponder:** It is easy to admire someone. But, when I admire I also need to understand what makes the person so great. What are the qualities that he has in his life, or what qualities he has developed during the journey of his life? I need to make an effort to imbibe these qualities.

**Point to Practice:** Today I will think of one person whom I admire and see what I can learn from his life. I will then focus on imbibing at least one quality from him, into my own life. This will be the real tribute I pay to the person whom I admire.

*In Spiritual Service,  
Brahma Kumaris*