



Addicted To Praise

We all want to be liked, valued and appreciated. There's no doubt that we're motivated by praise from those who matter to us. But it's easy to become addicted to praise. Savour compliments without needing them. Enjoy performing well even if no one notices. Give your best without expecting validation.

Understanding The Mechanism Of The Virtue Of Peace (Part 1)

Each and every human soul's original trait or characteristic is peace. Before each soul comes down on the earth to take its first physical body, the soul is in a state of complete peace, residing in the soul world. **In the soul world, the two faculties of the soul – the mind and intellect are complete inactive or dormant and the third faculty, the *sanskara* or spiritual personality is only that of eternal peace and purity and no other virtue like happiness, love or knowledge.** The mind is completely silent, not creating a single thought or emotion or feeling nor possessing an attitude. The intellect which possesses the power to discriminate right thoughts, words or actions from the wrong ones does not exercise its power because there are no thoughts, words or actions in the soul world, so there is nothing there to discriminate. The *sanskaras* (as mentioned above) are also inactive to a certain extent – there are no thoughts, feelings, emotions, attitudes, words or actions to be created or processed, which would be based on the *sanskaras* or personality.

When the soul first takes a physical body on the world stage, it creates thoughts and feelings which are few in number and they are only positive and its words and actions are also limited and completely positive. Its discrimination power is active and completely accurate and its *sanskaras* or personality come into an active mode (*sanskaras* other than peace also become active) but only for a positive purpose to create positive thoughts, words or actions. As a result of this, the soul experiences immense peace, but the extent of the peace is lesser than that of in the soul world, where it is completely still and experiences dead silence or peace. It is never peaceless though at this stage. As the soul starts coming into the process of birth and rebirth, it starts losing its energy slowly; its mind, intellect and *sanskaras* start functioning negatively or incorrectly, it begins to succumb to the vices, leading to the creation of thoughts, words and actions, which are not only large in number but they are mostly waste or negative in nature. As a result, the soul gradually begins to lose its peace, which it experienced in the soul world (eternal peace) and at the start of its journey on the physical world and starts becoming peaceless.

Tomorrow we shall explain how we can return to our original state of peace.

Generosity is the act of giving.

Giving things, giving time, giving encouragement, giving opportunity.....

Generosity increases everything we have, and gives us everything we need.

Take the initiative, lead the way and be more generous.

Message for the day

Integrity is to make thoughts, words and actions equal.

Thought to Ponder: We normally have a lot of thoughts for our own progress. We do speak about it to others too. But when I want to put it into practice, I lose the determination. Then I need to question myself if I really want to do it. Integrity and honesty to myself means I am able to translate thoughts into actions, thereby making my thoughts, words and actions equal.

Point to Practice: Today I will pick one thought which is good for me and bring it into action. I will make a conscious effort to do this. When I make this practice, I will be able to progress steadily. I will also find the quality of my thoughts improving.

*In Spiritual Service,
Brahma Kumaris*