



## Dream On

Why have we forgotten how to dream? With our innocence gone, and the entertainment industry doing all the work for us, we quickly lose our capacity to dream possible futures. Stop. Close your eyes. And dream again. Put the stars in your dreams. And then reach for them. No need to struggle. Simply nurture the dream, sustain the vision, and watch it come true. It must, it's the law.

## **Churning Spiritual Knowledge (Part 2)**

We had discussed a few benefits of churning spiritual knowledge yesterday. Some more are as follows:

**3. The knowledge that we have becomes more real:** and so can give more effectively to others. We can use the jewels of knowledge in serving others. This knowledge will have much greater power and be of much greater help to others than any form of scholarly or bookish knowledge.

**4. Our personality changes:** Limited views and thought patterns which give birth to various obstacles can be finished by churning. Our outlook towards life becomes very broad and we become completely content internally so that name, fame, respect, insult, etc. don't affect us, they seem totally insignificant.

**5. Natural bliss:** By churning, spiritual knowledge becomes a source of bliss. Because of the spiritual happiness and intoxication that comes from churning, our faces will become radiant and we become instruments to attract other people towards spirituality.

**6. Our concentration power increases:** By acknowledging and not suppressing impure thoughts we will easily clear negative thoughts within a short period of time. Our concentration power will increase. We will be able to clear and burn impure or waste thoughts, and easily become an embodiment of positivity.

**When someone upsets you, it's so easy to react.**

But if you want to stop the relationship from a downward spiral, first, take care of your upset feelings. Then extend yourself and see things from the other person's perspective.

This doesn't excuse why they upset you, but it does give you a starting place to try and mend the relationship.

**Message for the day**

**To race with myself is better than trying to compete with others.**

**Thought to Ponder:** I can really excel when I try each day to be better than what I was yesterday. Instead of trying hard to compete with others, I need to compete with myself. This will ensure that I am moving forward in the direction of my own specialties. This will bring excellence in what I do.

**Point to Practice:** Today I will work on one quality of mine and use it consciously. This quality could be a simple skill or a virtue. When I recognize and use it consciously, I will find it increasing. So, today I will put into use one quality of mine.

*In Spiritual Service,  
Brahma Kumaris*