



React Positively

Our first reaction to a difficult situation is often negative. There is a tendency to be carried away in a storm of negative thoughts. Such thoughts are of no use and lead us further from the solution.

Thinking one positive thought everyday helps me to maintain stability. Constant practice will help me remain stable even in the most difficult circumstances.

Carrying Forward Of Special Talents

Everything that an individual does i.e. a soul does using the medium of the physical body is registered in the soul as a *sanskara*.

Sanskaras, therefore, are the foundation of our present personalities and all our special talents and inclinations. There have been many famous personalities including artists, musicians, engineers, sportsmen, etc. who, before attaining phenomenal success in their respective fields, displayed amazing talents related to their respective field at a very young age. When and where could they have mastered these talents so well? It's obvious that **amazing masteries at a very young age are not inherited from our parents. These talents have been developed and brought into practice in previous births, as a result of which *sanskaras* of the talents are created inside the soul. These *sanskaras* are then carried into the next births, and are brought into actions in the new births.**

A more common day-to-day example is the following: A child is born into a family of doctors where, from the beginning, all efforts are made to mould and prepare him to become a doctor, according to family tradition. However, from an early age, the child shows strong tendencies to become an actor, starts to take part extensively in theatre activities at school and the talent starts manifesting itself. This example demonstrates that the characteristics a soul carries from previous experiences of previous births will take it in a specific direction despite attempts made by the family on the contrary. So in short, **genius is experience. Some think that it's a gift or talent, but it is the fruit of long experience of many lives.** Some are older souls than others i.e. they have been present on the world stage since a longer period of time and have covered a journey of more number of births and so know more. This kind of unlimited, broad vision of life provides us answers to many questions.

Do not be an emotional sponge

Like a sponge, we absorb other people's negative emotions. And then we feel emotionally wrung out.

Rather than retaining negative emotions that don't belong to you, release them.

Strengthen your positive emotions and you'll enhance your ability to be empathetic yet at the same time not be an emotional sponge.

Message for the day

Mastery over mind is the ability to concentrate thoughts.

Thought to Ponder: The practice of concentrating the mind on one thought even whilst being busy is being truly victorious over the mind. This practice helps in using all powers and qualities that are in me.

Point to Practice: Today I will take a thought and remind myself of it from time to time. A simple thought like "I am the creator of my thoughts and so the master of my mind" or "I am powerful" or "I am special". Such thoughts, when reminded from time to time in my busy schedule, helps me practice mastery.

In Spiritual Service,

Brahma Kumaris