



Spiritual Love

It is when we silence the chattering of our mind that we can truly hear what is in our heart and find the still, clear purity that lies within the soul. Spiritual love carries us into the silence of our original state of being. This silence contains the power to create harmony in all relationships and the sweetness to sustain them.

Check And Change (Part 2)

Whenever you start your day, wake up your attention and tell yourself that in the day ahead I will only perform good and constructive actions and before performing the actions, I will discriminate between right and wrong and judge whether the action I am about to perform or the words I am about to speak are in tune with my true nature. **Everyone is basically a good person, but it's the temporary *sanskaras* or personality of a person which make the person act or behave in a manner which is not very nice or presentable.**

This is what happened as we came in the process of birth and rebirth. We started to forget our original good nature and our behavior and actions started becoming dictated by our acquired *sanskaras* which was our temporary nature. The acquired *sanskaras* are the false *sanskaras* or personality and the original *sanskaras* are the true *sanskaras* or personality. We need to revive the original *sanskaras* and erase the false *sanskaras*. This is the aim of self-effort which means working on the self to improve the self and make yourself a better person in terms of virtues and powers and divinity. Once that happens, automatically our *karmas* or actions will start to become better and everyone around us will experience the same from us. This is how our relationships will also become full of goodness and positivity. **A person with positive qualities is like a fragrant flower that everyone would like to be in the company of and who gives happiness and love to everyone.** So, keep checking your actions and improving and changing them where required and at the same time keep filling yourself with positive virtues which will make your *karmas* beautiful and you will naturally perform lesser number of incorrect actions.

(To be continued tomorrow ...)

Become Light

Nothing really happens by over-thinking the stresses & worries in life.

That's why it's important to let go. Let go of the things that are out of your hands.

Put your worries down. Drop the stress. Feel the weight lift off your shoulders. And lighten up.

When you are light, it's easier to do something about the things that are in your hands!

Message for the day

To see only problems is to become the one who only takes service.

Thought to Ponder: When there is the practice of seeing only problems in all situations there is the inability to find solutions and act effectively. All the resources that could be used for the benefit of the self and others remain hidden. Such a person becomes dependent on others for finding solutions and a source of pity.

Point to Practice: When I am caught up with problems and not able to see anything else, I am unable to experience progress. I find myself moving backward losing a lot of things I have. I would not be able to retain my self-confidence and would become dependent on others.

*In Spiritual Service,
Brahma Kumaris*